



Wednesdays in the Woods Activity: Sound Mapping

Materials Needed:

- Paper and a writing utensil
- Surface to write on
- Outside space
- Something to sit on, like a lawn chair or a garden bench (optional)

Instructions:

1. Find a comfortable place to sit outside.
2. In the middle of a blank sheet of paper, write your name and circle it. That represents the spot where you are sitting now.
3. As you sit silently, draw symbols or write words on your map to represent the sounds you hear and the orientation of those sounds from where you sit. For example, if you hear water running above you, you will write the word, "water" or draw a symbol for water on the map above your circled name. You might create a key for the symbols you use.
4. There is no time limit for sitting to make your map – sit and listen as long as you like.
5. You might choose to share your sound map with someone else. If you both make maps in similar locations, it can be fun to compare them to notice whether you heard similar sounds.

Reflective Questions:

- What did you learn about your surroundings from sitting quietly?
- What surprised you?
- How do you think your presence affected which sounds you heard?
- Why do animals make sounds?

Extensions of this activity:

- You could make a sound map inside as well. It is amazing how many sounds you don't realize surround you, even inside!
- Imitate the sounds you hear – which ones are easier or harder to imitate? Which animals responded?
- You could turn this activity into a daily sit-spot practice. You could record sounds each time, or you could also record observations of seasonal changes.

Sound map

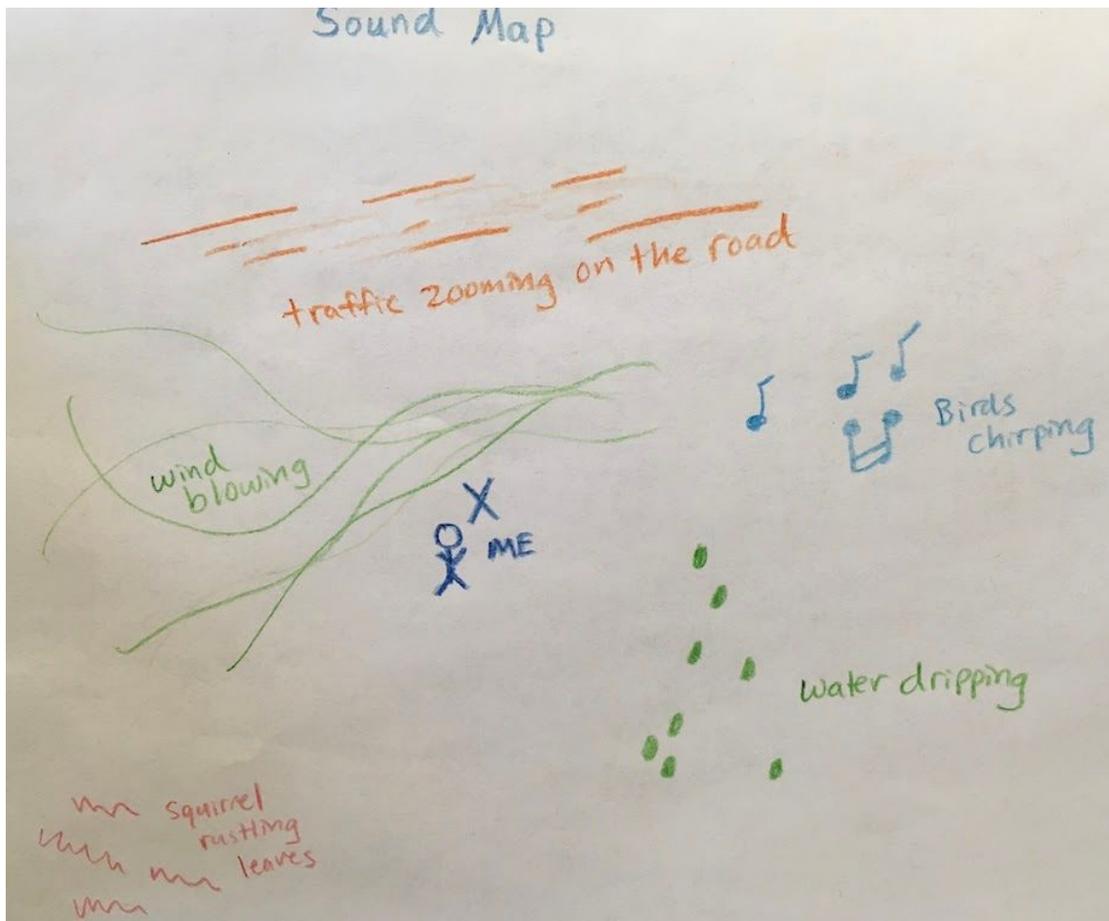


Photo by Hannah Raymond