

Sensory sound map

LISTEN TO NATURE



Students will need:

- A4 piece of paper and something to press on like an exercise book
- plain or coloured pens/pencils

Head outside and spread out somewhere comfortable.

- Place an X in the center of an A4 piece of paper. This X represents you.
- Sit or lie quietly and listen to all the sounds you hear (try closing your eyes).
- Map these sounds on the paper – what can you hear in front, behind, to the sides and even above you?
- Use words/drawings to represent and describe the sounds.

Classroom activity

Share your sound map and what you heard with your classmates.

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