

Nature at home

Experience the magic of Forest School from home!



Sound Maps

The spring is a very busy time outdoors and there are lots of sounds to hear. Take some time to sit and listen, you might be surprised what you discover! This activity can be done indoors or outdoors.

Step One

Find a quiet spot to sit either near an open window or outside.

Spend 2 minutes listening to all the sounds you can hear.

Step Two

In the centre of your paper draw a very tiny picture of yourself (make sure it's very small so there's lots of space left).

Step Three

Draw a picture for every sound you hear, in the direction it's coming from. If the noise is very close draw it very close to the middle of the page, if it's coming from further away, then draw it towards the edge of your page.

Step Four

Try listening for 10 minutes and see how full your map gets.

If you're not sure how to draw a sound, you could draw a shape or pattern to describe it.

Kit List

- Piece of paper
- Pencils/pens
- Something to lean on (book, table)
- Optional: timer (e.g. a phone)

