

Focus

- Sensory Awareness
- Mindfulness
- Noticing Details
- Nature Connection

When

Daytime

Where

Forest/Wooded Area

Group Size

1+ people

Ages

6 and up

What You Need

A piece of cardboard
or paper (e.g. from a
cereal box)

A pencil, pen or marker

Sound Maps

Listen to the natural world around you

Sound maps help us pause and really listen, shifting focus from what we see to what we hear. This simple activity works beautifully for all ages and abilities.

What's a Sound Map?

It's a way to capture the sounds around you by sitting still, listening carefully and drawing or writing down what you hear. Perfect for woodlands, parks, gardens or anywhere you can stop and listen.

How to Do It

Mark yourself in the middle of the paper.

Find a quiet spot outdoors – sit or stand still.

Listen closely for 5 minutes. No talking – just tune in.

Map the sounds around you.

Write down what you hear and where it's coming from:

- Are there birds flying above?
- Is there a river flowing nearby?
- Are there cows in the distance?

You can draw, label, or even create shapes, colours, or textures that match the sound.

Get Creative!

What shape is the *sound* of the wind?

If a bird call had a *texture*, what would it feel like?

What *colour* matches a buzzing bee?

Why Try It?

Sound maps slow you down, heighten your senses and reveal things you might usually miss. Every time you try it, the world sounds a little richer.



Do It Together

Great as a solo reflection or a group activity. Share your sound maps with each other or even post on social media using **#natureneedsheroes**

Challenge

Try a sound map in a new place or revisit the same spot and compare. What's changed?



#NatureNeedsHeroes

www.lochlomond-trossachs.org/naturehub

