Find a safe, quiet spot in nature where you can sit for a few minutes, maybe in a park or by your school. Make sure an adult is nearby.

To make a Sound Map, you will need a blank piece of paper and drawing materials like pencils or markers.

Take some deep breaths and listen to the sounds around you. Close your eyes if you can.

Start to draw a map, with you in the center. Draw or write the sounds you hear on the map. Add ALL the sounds you hear.
You can draw the sounds as pictures or try to write them out. Your map may look like this or not! It’s up to you.

Keep listening and drawing until you have all the sounds on your map.

Take one last deep breath and say goodbye to your spot.

When you go back inside, you can color in your map more! Enjoy!