



Today's Featured Activity: Sound Mapping

Sound mapping is a great way to become more aware about what's going on in nature. This activity can be done anywhere outdoors, all you need is some paper and a pencil or crayons. You could make this part of your sit spot routine or find a new place to explore.

To start, make an x on the center of your paper. This shows where you are sitting on your "map." When you hear a sound, mark the location on the map to represent the sound you heard. Don't draw a detailed picture, but rather a symbol or simple mark, and create a key on the side of your map to indicate what each sound means.

For instance if you hear wind in a tree, you could create wavy lines. A bird singing could be a musical note. Or you could just write the words for each sound! Try to indicate on the map the distance and direction from where you are sitting, using the top of the page for sounds in front of you and the

bottom of the page for things behind you.

Helpful tips for this activity:

- Close your eyes to help focus your hearing while listening for sounds.
- Cup your hands behind your ears to increase your ability to hear.
- Try to determine the sounds going on all around you.
- Take up to 10 minutes to create your map, going out to the same spot at different times of day.
- What different sounds did you hear?
- What sounds were most familiar to you?
- Were there sounds you had never heard before?
- What was your favorite sound?
- Be sure to share your sounds maps with us!

Did you do this activity? Post a photo on Instagram and tag @clctrust or use #clctrust.

Have suggestions for activities you'd like to see? [Send us an email!](#)

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