



CREATE A SOUND MAP

Time taken: Around 30 minutes

Materials needed: paper, pencils, markers, colored pencils, or crayons

Naturalist and Social and Emotional Learning (SEL) skills practiced: self awareness, awareness of their surroundings, observational skills

Steps:

- Create a comfortable spot to sit in a device free outdoor space
- Invite your kids to sit and listen for a moment with their eyes closed. Have them count on their fingers all the sounds, human and non human, they can hear.
- With the paper and colors, have your kids create a sound map
 - » Have them draw themselves on the center of the page
 - » Encourage them to use a combination of images, symbols, words, and numbers, to depict what the source of each sound is, how far it is away from their spot, and the qualities of those sounds.
- Encourage them to only look at the paper, using their ears to map the world around them

This activity engages kids with familiar surroundings in brand new ways. You will be surprised how their understanding of their environment changes when you encourage them to observe in ways they haven't tried before.

Discussion Questions

- Did you notice anything different when only observing your surroundings through sound?
- Were there more natural or human made sounds? Why?
- What other senses could you use to explore the world around you?
- What would your experience be like if one or more senses were diminished or completely gone?

An Extension

Demonstrate with your kids the ability to hear things more directly with cupped hands behind each ear. Show them how to target their listening power by aiming their cupped hands at various sources of sound the same way that cats, deer, and other superstar listeners can. This really works!

Feel free to share with us (with your kid's permission of course) some of the ways your outdoor areas are depicted with sounds, and share the results with us on [Facebook](#), [Instagram](#) using @cfimoab and #coyotescorner, or by email education@cfimoab.org

Happy distancing,

Canyonlands Field Institute

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