Natural sounds map

Not only is this a great way of getting kids engaged in the natural world, it is also incredibly relaxing and meditative! This activity is best done on a quiet, sunny day.

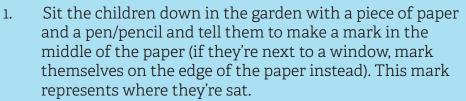
Time: 30 minutes

What to do

What you'll need

- Ideally, a space outdoors to sit down. A garden is perfect! You can try this next to an open window too; just choose a time of day when road traffic noise is minimal
- A piece of paper and a pen/pencil

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- 2. Tell the children to close their eyes, be quiet and listen to the natural sounds around them.
- 3. Every time they hear a sound, they should open their eyes and mark it on the paper with something that represents the sound and where it is in relation to them i.e. a bird at the top of their paper to represent a bird in the distance in front of them singing.
- 4. Once they think they've recorded all the sounds they can hear, they can put their pen/pencil down.
- 5. What did they hear? Where was it? Can they see what was making the noise? Maybe there's a tree where they
- heard a bird calling from this can lead to a discussion about habitats. If you're using this as a digital lesson for a class, ask the children afterwards to compare the sounds they heard. Were they different depending on where the children live?



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I'm a huge fan of outdoor learning. It develops children's independence and curiosity through exploration and investigation, encourages physical activity and promotes a love of nature. All of which have a positive impact on children's mental health.



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Rob, Year 4 teacher & dad of two, Cheshire

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