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 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

What to do

1. Sit the children down in the garden with a piece of paper and a pen/pencil and tell them to make a mark in the middle of the paper (if they're next to a window, mark themselves on the edge of the paper instead). This mark represents where they're sat.
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.
6. 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**