

# Nature Sound Map

**Season:** Year-Round  
**Duration:** 5 - 15 minutes

**Grade(s):** All Ages



**A great way to get to know your local woodlands is to venture out, find a sit-spot, and listen to your surroundings. Create a Sound Map to help you remember what you heard!**

## **Tools and Materials:**

- Blank Paper and Clipboard or Nature Journal
- Writing/Colouring Tools (e.g. pencil, pen, crayons, watercolours, etc.)
- Compass (optional)
- Sit-Upon (optional)
- Field Guides (optional)

Ready? Let's go...

1. Find a quiet area in nature. A local park, forest, or even your backyard are wonderful places to start. Record the date and location at the top of your page.
2. Draw a large circle on your paper. In the centre of the circle, draw a picture of yourself or mark your location with an 'X'.
3. If possible, draw a compass rose to indicate direction.
4. Sit quietly for 10-15 minutes and listen. When you hear a sound, locate the approximate direction and record the sound on your paper (i.e. draw a picture, write a word or description of the sound, etc.).
5. That's all there is to it! Visit the same location throughout the seasons and at different times of the day. You might be surprised by how many things change.

**Reflection:** Here are some questions to guide your thoughts...

- How many different sounds did you hear?
- Did the **number** or **types** of sounds change with the season or time of day? If so, why?
- Were there any sounds that you didn't expect to hear?

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Here's a Sample:

Isabel Morris Park,  
Lakefield

March 12, 2024  
@ 10:00 a.m.

