

Outdoor & Woodland Learning Activity Sheet

Activity:	Sound Map									
Habitat:	Any	Season:	S	✓	S	✓	A	✓	W	✓

Level	
Early	✓
First	✓
Second	✓
Third and Fourth	✓
Senior Phase	✓

Curriculum topics			
Expressive Arts	✓	Health and Wellbeing	✓
Languages	✓	Mathematics	✓
Religious & Moral Ed		Sciences	✓
Social Studies		Technology	

Equipment*
Sound map worksheet
Pens/pencils
Sit spot mat (optional)
Compass (optional)

Time
2-10 minutes (adjust depending on age group and attention spans) + reflection time

Key outcomes
Tune into senses and increase awareness of surroundings.
Learn how to use a compass.
Creative interpretation of the environment.

*Items depicted in bold are available from CALLP

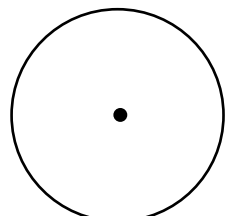
Activity description
<p>Early and First levels: Sit as a group in silence for 30 seconds-1 minute listening. Each participant takes it in turn to say something they can hear and points to location of the sound. Group leader/participant writes/draws sound on map.</p> <p>Second level +: Each participant given worksheet, pen, sit spot mat and compass. Participants locate a spot to sit within a given area. Enough distance from each other to prevent interaction. Compass can be used to determine facing direction and draw this on the bottom right corner of the worksheet (Maths element). Sit in silence for 2-10 minutes listening. Noises and their location are determined and expressed on the worksheet. This is up to individual interpretation and could be writing and/or drawing the sound. When time is up, everyone comes together to reflect on what they noticed, heard, how this exercise made them feel etc. Can additionally explore the benefits of taking moments to do “nothing” and rest in the moment.</p> <p>This activity can be used to learn bird songs (Science element). See additional links below.</p>

Notes
<p>Common bird songs: www.british-birdsongs.uk</p> <p>Woodland Bird Song Pinterest collection: http://pin.it/qqpj_ve</p>





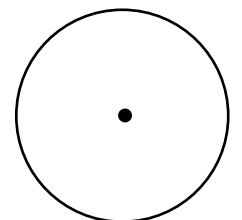
My location



Draw an arrow from the centre, pointing North.



My location



Draw an arrow from the centre, pointing North.