1. Create a sound map

Summary:
Enjoy focusing on a different sense by listening to and mapping the many sounds around you.

You will need:
• Paper
• Pen or pencil

What to do
Find a place outdoors or where you can hear the outdoors like your garden, doorstep or a safe open window. Mark a cross in the centre of the paper to show where you are. Sit still and listen carefully for a few minutes to all the sounds you can hear, then draw them on the paper to show what they are and where the sound is coming from.

Talk about your map with someone once you’ve finished:

What might you hear?
Listen out for birds, the wind, cars, leaves, aeroplanes and more.

What was your favourite sound?
Which sound did you like the best and why?

Were there any sounds you didn’t know?
What was new and do you know where it came from?

2. Map your local area

Summary:
How well do you know the place you live? Create a map of the local area.

You will need:
• Paper
• Pens and pencils, including colours

What to do
Using your memory, draw a map of your local area, marking on places and features. Think about your nearest shop, river, school, church or park as well as other places you know well.

You can use colour to represent natural features like fields, hills or lakes differently to constructed ones like roads and bridges.