

# Sustrans School Programme

## Soundscapes



Suitable for: All

**You will** take a walk in your local area and take a moment to stop for a couple of minutes to create a sound map of what you can hear. You can either draw or write down what you hear (example on Page 3).

### You will need

- A scrap bit of cardboard/paper and pencil
- Art materials (optional)

### Extra activity

Why not make two sound maps, one today and one later on in the week to see if you notice anything different during each outing.

## ‘Be Active’ and ‘Take Notice’

This activity will help you to work towards the five ways of wellbeing. Look up when on your walk and take notice of sounds that you hear along the way. It is really important to be aware of your surroundings; tuning in to the detail of a place. By creating your sound map, it will help you to slow down and tune in. Sometimes when a place is so familiar we fail to notice the detail that makes it special.



# Sound maps



## Activity

- Draw yourself in the middle and stop and listen for 2 minutes.
- Mark on the card the sounds that you can hear and where they are coming from.

Here is an example of a sound map below.



# Soundscapes!

Think about how can you include the 5 Ways to Wellbeing into your Soundscapes



BE ACTIVE



TAKE NOTICE

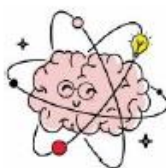


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

