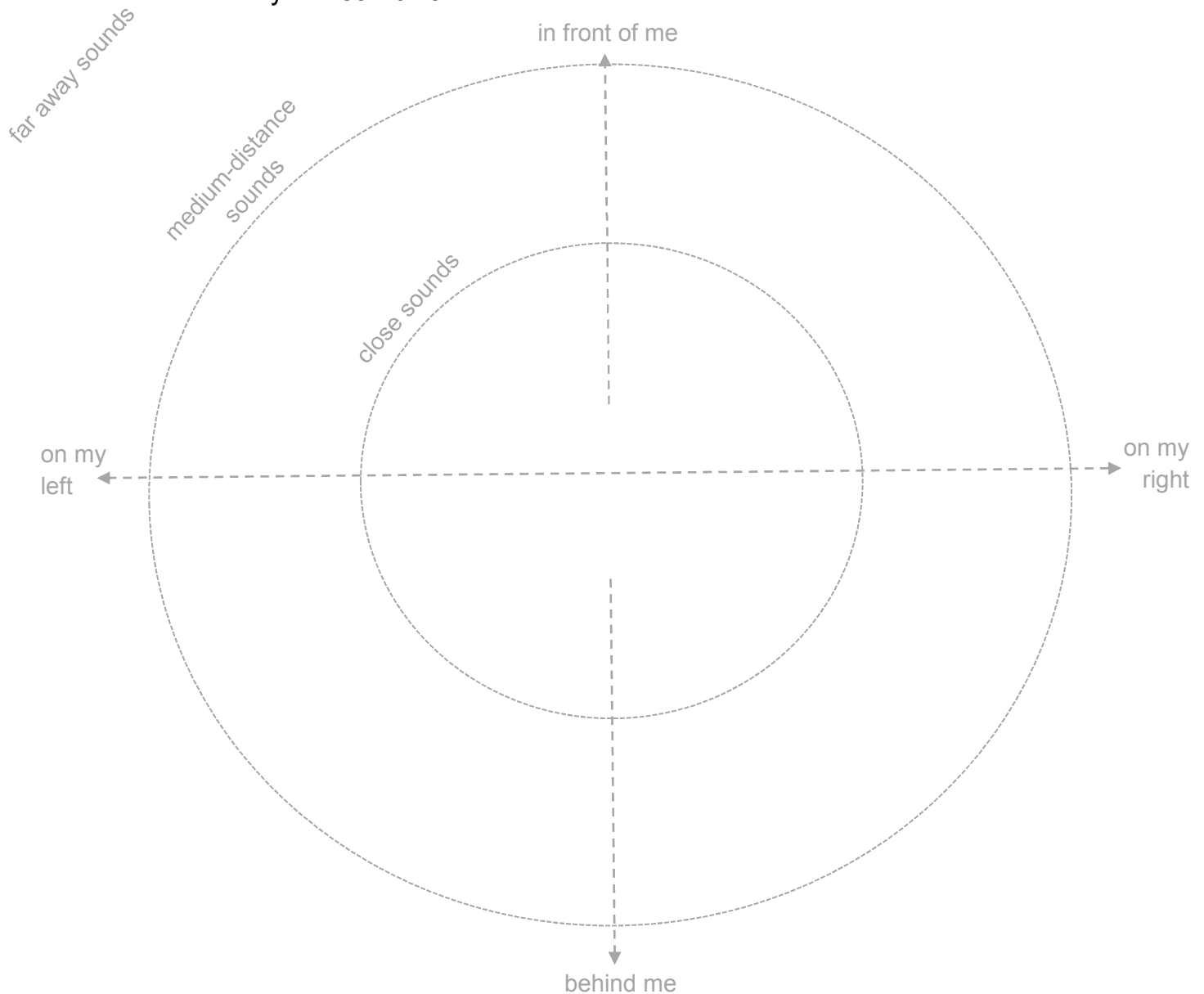


# Nature Journaling: Sound Map

1. Sit and listen to sounds around you. Close your eyes for 1 minute and count how many different sounds you can hear.
2. Draw a symbol to represent you in the center of the page. Now you are going to make a map of the sounds you hear.
3. On your map, draw symbols or write words to describe the sounds, starting with the ones that are farther away and getting closer as you go. Add each sound in the direction you hear it from.



based on activity from *How to Teach Nature Journaling* by John Muir Laws and Emilie Lygren, available at [howtoteachnaturejournaling.com](http://howtoteachnaturejournaling.com)