

MAGICAL AUTUMN SOUNDS

Have a go at making an autumn sound map.

You will need:

a piece of paper

a pencil

a spot outside

sound maps help people slow-down and tune-in

What to do:

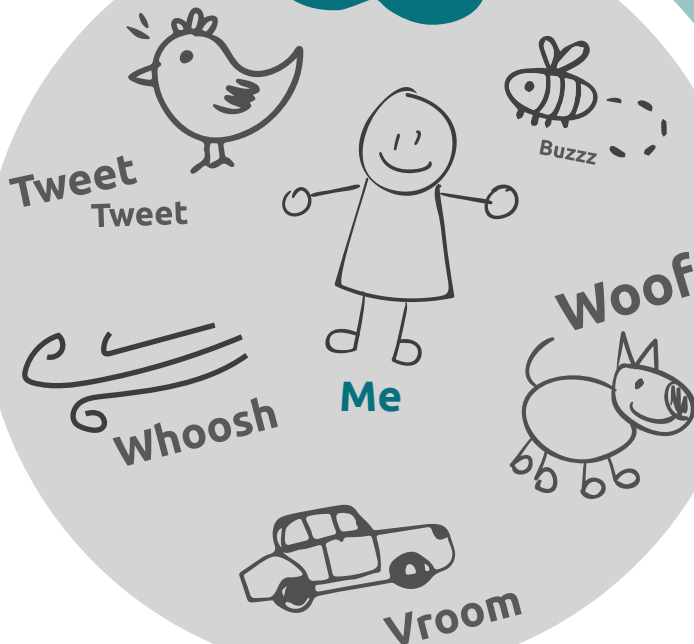
1 Take your piece of paper and pencil and draw yourself in the middle

2 Spend some time listening to all the sounds around you.

3 Draw the sounds you can hear on your piece of paper in relation to where you are.

Try drawing something small for sounds you can hear in the distance and bigger if they sound close by.

Really listen, what can you hear?



Share your creations with us on social media.



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