



Sound Map

You can use a sound map to help you track the sounds you hear. All you need is a blank piece of paper and a pencil. Head to your sit spot and imagine you are sitting in the middle of a set of circles, each one bigger than the one before. Sit quietly and close your eyes to tune into the world around you. Do you hear anything? Where is it - close to you? Far away? Is the sound behind you, in front of you or off to your side?

You can keep track by simply putting an X where you hear the sound or you can create a key with your own simple symbols to keep track of what you hear. When you are done, take a look at your map. How many different sounds were there? If you made your own symbols for each sound, how many different sounds did you hear?



