



Creative Carers Network is a Sensory Trust project creating a model for supporting carers through access to nature-based interests and activities

Sound maps



Sound maps confront a bad habit that most of us have developed - we are so intent on getting somewhere that we miss much of what we are travelling through. Or a place is so familiar we fail to notice the detail that makes it special. And yet in woodlands, nature reserves, parks, gardens and countryside trails it is the moments of pause that can offer up the richest opportunities to absorb the places we are in.

As a technique, sound maps couldn't be easier. They are simple and cheap to make, in fact they look so simple it can be hard for people to believe they are going to have the effect that they do.

How to make a sound map

Sound maps are easy to make. Cardboard is good as you will often do this exercise when out and about. You could use any plain cardboard - the inside of a cereal box, a cardboard box, white card - make it big enough to draw and write on. Get a marker or pencil. And that's it!

How to use a sound map

Taking a sound map and pencil or pen, find a spot and stand or sit still. Stay still for a short while (try 5 minutes) and start to listen to what is making sound around you. Mark yourself in the middle of the card. Mark on the card the sounds you can hear and where they are coming from, for example there may be a stream behind you, sheep in a field in front of you, birds singing above and to your side. Be still and quiet and really focus on sounds you can hear.



Sensory Trust

Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age and ability.

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