



To aide in nature connection remotely, we have created self-guided activities and lessons for children and adults to enjoy the park and learn along the way. We hope this inspires you to slow down, learn about our beautiful park, and build deep connections with nature. Please bring a clipboard and pen or pencil.

## Sound Map

Sound maps are an excellent way to slow down and tune your attention towards your surroundings. You can complete this activity anywhere, during a walk or a sit spot, and can include other notes such as smells and sights.

Find a nice spot to sit on the trail or within a foot or two of the trail. Open your journal to a blank page and sketch where you are. Put the cardinal directions if you know which way you are facing, and a box that you will later use for your symbol bank. Put on a timer (anywhere between 1 and 5 minutes – can do multiple maps, adding time as you go) and begin listening.

As you listen, create symbols to match what you are hearing. For example: a wavy line could indicate the different areas you hear wind moving through trees; a song note could indicate a bird singing, etc. Pay close attention to everything you hear, recording as you go. When you are finished, compare notes and share with your group what you heard and where.

For an added challenge, find the spot on the Coyote Trail where you can't hear any cars and do another map there!

Example:



