

01

## **ACTION: SOUND MAP**

**When:** during the walk

**Type of action:** rediscovering the sounds of the forest

**With whom:** individual

**Materials:** paper and pencil

**Objectives:** to listen with attention, discover, and locate sounds in the forest

**Topic:** The Sounds of the Landscape

1. Choose a space where you can sit comfortably.
2. On a sheet of paper, draw an X that covers the whole page.
3. Close your eyes for a period of 3 to 5 minutes.
4. Focus on hearing in order to discover the sounds of the landscape and distinguish where they come from. Are they in front of you or behind you? Are they next to you, near, or far?
5. Represent the sounds with drawings and place them on the paper according to the place where you perceived them. The center of the X indicates your position.



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