



Boys & Girls Clubs
of Hamilton



Outdoor Mindfulness

Exploring Family togetherness and Mindfulness one Breath of
Fresh Air at a Time



This week let's make a Sound Map!

The basics of this activity is to sit somewhere and be absolutely still and silent, noticing the sounds around you and where the sound is coming from your position.

With the littlest children, just have them sit in your lap and listen together. After a minute or so of quiet, talk about the sounds you heard around you.

With older children they can actually map out what they hear on paper. Have them make an X in the center of their paper. The X is them. Anytime they hear a sound, have them make a symbol on the paper in the place they hear it, to represent the sound. If the child is old enough to be working on map skills, have them find north and orient themselves to face that way. They can add a compass rose and key to their map too.

As they get better at it and more skilled with age, continue to add levels of complexity to their maps. But remember to keep it light, fun, and relaxing. Mindfulness helps children develop self-regulation skills and calms nervous energy.