

I BIKE

WELLBEING



DURATION—15—20 MINS



MATERIALS REQUIRED - PENCIL AND PAPER OR TABLET

ACTIVITY NAME: SOUND MAP

Aim: Focus on mindful listening and create a sound map

Instructions:

USING A BLANK PIECE OF PAPER OR BLANK PAGE ON AN IPAD DRAW YOURSELF IN THE MIDDLE OF THE PAGE QUITE SMALL. IF YOU'D RATHER YOU CAN JUST PUT A BIG X.



CLOSE YOUR EYES AND LISTEN TO EVERYTHING YOU CAN HEAR AROUND YOU FOR 5 MINUTES.

OPEN YOUR EYES AND DRAW WHAT YOU HEARD. THE THINGS THAT YOU HEARD THE MOST OF OR THE clearest AND LOUDEST DRAW CLOSEST TO YOUR SELF - PORTRAIT/X AND MAKE THEM THE BIGGEST. THE THINGS YOU HEARD OCCASIONALLY OR VERY QUIETLY AND SOFTLY DRAW A BIT SMALLER AND FURTHER AWAY FROM YOUR PICTURE

DID ANYTHING YOU HEARD SURPRISE YOU? WHAT DID YOU HEAR THE MOST OF? WHAT DID YOU HEAR THE LEAST OF? WHAT WAS YOUR FAVOURITE SOUND?

Extension:

Try the mindfulness walk activity on our website.

Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk

HERE'S ONE I MADE EARLIER

