

new to me

WEEKLY PROMPTS THAT HELP US THINK ABOUT RE-FRAMING
EVERYDAY THINGS AND SEEING THINGS IN NEW WAYS

PROMPT 11: SOUND MAP

This week let's make a map. Maps are made to help make sense of a place, but a lot about how they are organized really reflects who makes the map. A good map should provide a good guide for you to navigate the world, to a degree that can be understood by another person, but it should also be something that can change and grow over time. This week we will be working with the sense of hearing to build our map.

WHAT YOU NEED:

- A place: one that you know well, one that you don't normally spend time in, or one that is new to you, could be inside or outside.
- a timer
- a piece of paper
- something to draw with
(give yourself a few color options)

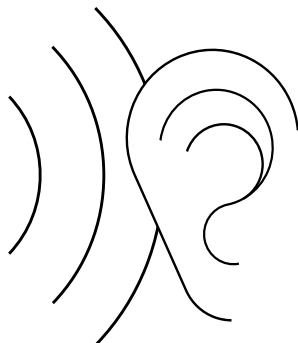
TRY IT OUT:

Find the place you would like to map. Get comfortable.

Draw out a large circle on your sheet of paper, put a dot in the center of the circle, then put the paper aside. (If you are outside, make sure to tuck it under a rock or a safe place so it won't blow away.)

Set your timer. You may want to start with a shorter time and build up, as you practice this process. Start by giving yourself at least 30 seconds.

Take a deep breath. Close your eyes. Listen.



TRY IT OUT (CONTINUED):

Take an inventory in your head of what you are hearing and where you are hearing it.

When your timer goes off open your eyes.

Now it is time to record your map. The dot inside the drawn circle is you.

Start by trying to give the sounds you heard colors or patterns that could describe them, focus on how loud, soft, continuous, abrupt, etc. they might have been. Use color, line and pattern to illustrate these observations. Also think about how the sounds fit into the space around you?

If it helps, you can also make a list of sound types you heard so you can go back to this as you begin filling in your circular map.

REMEMBER:

This map is a work in progress, you might not capture everything all at once. That is okay.

Did you learn something new about the place you mapped?

Don't forget to share your map!

