

SOUND JOURNEY

Directions: Go for a short (or long!) walk. While you are walking, do not speak or make noise... only listen. At a safe point, stop and close your eyes for 3-5 deep breaths. Listen to the sounds around you. Afterwards, or when you return home, draw the most interesting sounds you heard below!

TIME _____ **DATE** _____

ROUTE or LOCATION _____



OPTIONAL: Does your drawing and/or sound journey give you any **ideas** for a song or story?
Write them down!

Unhurried journey