



Sensory Map

Activity Description:

Use your senses to create a map and learn about your surrounding environment. This works just as well if you are in your front yard or walking around your neighborhood.

Materials:

- This activity printout
 - Pencil
 - Optional: colored pencils/markers
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Directions:

To make a map, you will need to use some of your five senses—sight, sound, smell, taste, and touch. Using a pencil and paper, you'll draw what you hear, feel, smell, and see on your map. It can be as detailed or colorful as you'd like. Remember, maps are about representation, so this map should represent your experience. Read the assignment before completing it, and make sure you take your time and have fun!

1. **Find a comfortable place to sit.** Your sit spot could be under a tree, in tall grass, next to the creek, or anywhere else that speaks to you!
2. Using your pencil, please **draw an X in the middle of a piece of paper.** This X represents where you are in the map.
3. **Close your eyes and listen** to all of the sounds you can hear. Listen to the ones that are really far away, then to the ones that are really close. Listen to the quietest sounds and the loudest. As you are listening, try to think about what the thing making the sound looks like and where it is. These sounds could be coming from water, animals, wind, and trees, for example.
4. Now, open your eyes and grab your notebook. Using your imagination, **draw what you heard on the map** in relation to the X marking where you are on the map. The drawings can be as creative as you'd like.

5. Next, using your map, **go to the areas where you heard the sounds**. Look all around. Can you see anything you want to add to your map? While you are moving to the areas where you heard the sounds, please add things you see to your map. These are things you think are special and important. You might not find the sound you were looking for, and that's okay! **When you get to where you think the sound came from, draw any animals and plants you see.**
6. As you hike, use your sense of touch to find out what the things you're drawing feel like. **Add some adjectives next to your drawings, so people who look at your map will be able to imagine the area's textures.**
7. Use your sense of smell too! **Add adjectives about how some things smell next to your drawings.**
8. **Draw your path.** Please draw the path you took through this area; this will help people find all the interesting things you drew on your map.
9. After you've completed your map, you can **add color** to it or leave it black and white—up to you!
10. Please take a good picture of your map and send it to Seeds of Stewardship so we can see what you discovered and add it to our website!
 - Post your photos to Instagram and tag [@aztsos](#)
 - Or email your photos to
 - julie@aztrail.org for Northern AZ
 - treven@aztrail.org for Southern AZ

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