



## **ENVIRONMENTAL SOUNDS & THE GIFT OF LISTENING**

**Number of players:** 2+

**Space:** Room to wander

**Materials needed:** Music; recording of an ocean, a forest, or a busy city; paper; pen/ pencil

### **Procedure:**

1. Participants first “quiet their bodies” by listening to their breath. Guided breathing led by a facilitator or teacher is encouraged. Let the inhalation gradually increase. Does the exhalation naturally lengthen as well? What does it sound like in the space between the inhalation and exhalation?
2. Allow the participants to listen to one minute of silence and write down everything they hear. Let participants share what they heard. Repeat the one-minute of listening and compare individual writing, before and after.
3. Play environmental recordings for the participants to listen to [i.e. recordings of an ocean, a forest, a busy city].
4. Have the participants pick out individual sounds and form groups to pantomime the environment in its entirety. Have the other participants try to guess which environment the group is pantomiming.

### **Processing points:**

Do some participants hear things the others overlooked? Was more heard on the second listening? Are there sounds that happen consistently in an environment? Which environment has more distinct sounds? Which environment sounds the most “unified” [i.e. more difficult to single out individual sounds]?

### **Possible learning areas:**

Listening skills, observation skills, sensory awareness, paying attention to details