Sounds in the Air !!

Use this as a guide to help get yourself excited about focusing attention toward the sound environment that surrounds you—a skill that will help you to develop a sense of “place” and “space” wherever you may be—on a bus to school, in an airport, in the grocery store, etc.

We spend much of our lives DOING,

This is an exercise in BEING!

Step One: Get out your sound journal and place them open on their desks;

Step Two: CHALLENGE yourself to be silent for two minutes during class time;

Step Three: LIST every sound you hear around you and/or outside the classroom environment during those two minutes;

NO SOUND IS TOO SMALL!
BUT, you are not allowed to make the sounds yourself!!

Step Four: SHARE your findings with each other. This way, the group can help each other to be more attentive to the sound environment;

Try this as a daily meditation/exercise to challenge yourself to see if the same types of sounds always happen at the same time of day, on a particular day of the week, etc.

SHHHH!!!! HAVE FUN!!!!!