

## **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!!!!!**



2012 no.e Parker