

The sounds around you

3 steps to the activity realisation



Step 1 – preparation phase

This activity addresses competencies such as listening, observation skills and focus.

It can be implemented individually as part of homework assignments and as part of opening training activities. In the activity, you invite participants to engage in a non-judgmental observation exercise with focus on the surrounding sounds. By fostering their ability to connect with different sounds, you lay the foundation for enhancing their active listening.

Step 2 – activity phase

The activity can be performed in different settings (indoors and outdoors). It would be recommended to practice regularly every day. Since it is envisaged as a homework assignment, the trainer can provide a short written instruction with the below described steps.

The activity should take up to 5 minutes

Concrete steps for the implementation:

Close your eyes, if you feel comfortable to do it.

Start breathing gently. Choose your own style of doing it.

For a while check your body by focusing on different parts (e.g., shoulders, stomach, arms, legs, toes).

Now, try to focus on a sound that is very far away from you. This can be a car in the street. Bird singing on a tree. Construction work from the other side of the street. Try to focus on this sound only.

Now, try to come back, spotting sounds that are between the first sound and yourself.

Now, try to focus only of sounds in your body. For example: your breathing, heart rhythm, etc.

When you are ready open your eyes. Breathe in, breathe out.

Step 3 – wrap up phase

This activity can be considered part of the category of mindfulness practices.

Try to demonstrate and practice together with the activity. Encourage participants to practice regularly. Encourage them to try practicing in different settings.



Type of activity:
Outdoor activity

Value of the activity:
With this activity you will be able to improve your listening and observation skills and be able to connect with different sounds.



Timing:
Up to 5 minutes



Other value case box components:

The activity can be performed outdoors or indoors.

The trainer can provide a short written instruction.

Your notes:

V ...

V ...

V ...

V ...

V ...