

Listening Activity

One way to get started on World Listening Day

Begin by sitting quietly outside for 60 seconds, just listening to the sounds around you. Afterward, consider the sounds you heard—whether it's birds singing, wind, traffic, or voices—and think about how those sounds made you feel. Explore how some sounds can be calming, evoke a certain emotion, or bring back good memories.

Consider why it's important to have places where peaceful sounds can be enjoyed.

Listen again for another 60 seconds, this time paying attention to any loud or unpleasant noises. Think about how these sounds can be stressful or make it hard to communicate. Consider the kinds of sounds people and animals use to connect, and how too much noise can interrupt that. **Come up with ways to help protect quiet spaces so both people and wildlife can enjoy a healthier, more peaceful environment.**

Adapted From: Young Sound Seekers Curriculum:
<https://www.nps.gov/subjects/sound/education-resources.htm>

Let's Talk About Sound

Soundscape

The full collection of sounds in a particular location.

Intensity

The loudness of a sound, which increases with greater intensity and decreases with less.

Pattern

A repeating sound sequence that may feel regular if stable or irregular if it changes.

Pitch

The perceived highness or lowness of a sound, based on its most prominent frequencies.

Speed

The pace of repeating sounds, perceived as fast with quick repetitions and slow with wider gaps.

Timbre

The quality of a sound based on its frequency complexity, for example—pure tones or noisy textures.

Physical & Emotional Responses

Chills, heart opening, heart racing, goosebumps, tingling.

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Sound Stories

Give sound its due.

Most humans have keen hearing, but often our strong visual sense means sound is overlooked or short-changed.

Begin with a 5 minute guided reflection. Think of a moment when you changed course, when your life took a turn. Whether you recognized the moment as significant or not, identify the sound that went with that time. For example:

*The doorbell rang and...
 I heard a shout to watch out...
 A shot, a slap, a honk
 An alarm, a bell, a siren
 A thud, sound of something breaking*

Who were you in that moment and what was your reaction?

- A child, a student? A mom? A worker?
- Goosebumps, joy?

What was about to change?

- Why was it important?
- What changed?

Pair up and tell someone your story

- Take 5 minutes to tell the story.
- Make sure to imitate the sound.

Respond to the story

- I was curious about...
- I want to understand...

Share final reflections

- What memories can that sound trigger?
- Is there a lesson in that sound?

Additional Resources

Let's Talk about Noise Educational Activities Toolkit

Lots of activities to open discussions about Noise Pollution.

<http://bit.ly/3lhB0TF>

The NOISE App

Measure noise, explore the impact on your local environment, track your mood.

<https://bit.ly/4lhOBsF>

Additional Resources

Continued

Listening to Waves

Tools to visualize sound and bridge the love of music with an understanding of sound.

<https://listeningtowaves.com/>

National Parks Service • Junior Ranger Sounds Explorer

<https://bit.ly/4eKmWOP>

National Parks Service • Resources For Educators

<https://bit.ly/4lOcg3X>

Sound Travels

Our collection of resources, a mix of videos, podcasts, articles, and research updates.

<https://www.terc.edu/soundtravels/learn-more/>