

## My soundscape

Summary: **Close your eyes to see all the sounds in your environment**

Possible configurations: **Alone or in groups with a game master** (*indication in italics*)

Senses mobilised: **Touch, Sight**

Duration: **3 minutes**

Associated SPOT programmes: **Striking colours, Beautiful encounter**

Once you have arrived at the location of your choice:

- Make yourself comfortable, standing or sitting, whichever suits you best
- Close your eyes for the next few minutes and listen to all the sounds you hear around you, whatever they may be
- Start by listening first to the sounds in your immediate vicinity, i.e. in front of you, behind you and to the sides, and then extend your listening to those in the distance
- Open your eyes when you are ready and list the different sounds you have heard (birdsong, hikers talking in the distance, marmot calls, aeroplanes, etc.) that make up your soundscape (*take a few minutes to debrief together on what everyone has heard*)
- Continue by carrying out a protocol of your choice from those indicated

The aim of this activity is to realise that we share our environment with all the living things that surround us even if we do not necessarily see them, i.e. with the species that we hear but which sometimes go unnoticed (animals through their cries or humans through the noise of talking, helicopters, etc.) but also those that we do not hear (plants, trees, tadpoles in ponds, etc.).