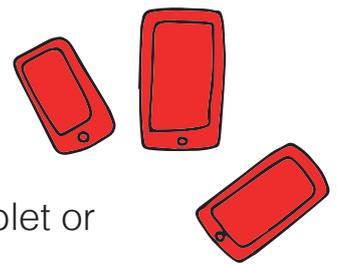


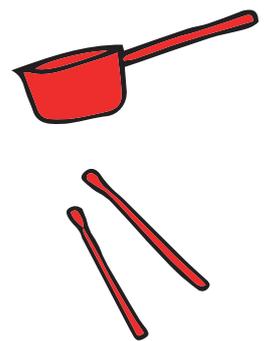
Listening in and Out

What you need:

- 1 A recording device. This could be a phone or tablet or anything that can record sound.



- 2 A way of making sound or a noise maker. This could be an instrument, your voice or anything from around your home; buckets, pots, pans, cutlery, desks, stationary would all work.



- 3 Optional: A notepad/paper and pens/pencils



Step 1: Collecting Treasure



How can we use sounds from our environment to create music?
To explore this idea, we invite you to take a soundwalk.

A soundwalk is when we take a walk and let our ears hear all the sounds around us, wherever we are. When we take a soundwalk, we can find new ways of hearing the spaces we are in by listening openly and intensively.

Try taking a walk in your neighbourhood or in your home. As you walk, listen out for interesting sounds, or sounds that catch your attention. Sometimes it is nice to start with the sounds closest to you.

Can you hear the sounds of your own body?

Try listening to your breath as it comes in and out.

Can you hear your heart beating?

Now let your ears move away from your own sounds and start listening to the sounds nearby. What can you hear?

Listen again and see if you can hear sounds that are further away...

... And further away again in the distance...

Can you hear any sounds that have a rhythm?

Can you hear sounds that move around?

What are sounds that are near or far? Big or small?
High or low? Loud or soft? Fast or slow?

You can think of this as a sonic treasure hunt by searching and listening with your ears to guide you, rather than your eyes.

Once you have found an environment, space, or sound that you are interested in, make a short recording with your recording device. When you make your recording you might want to take some notes or make some drawings or sketches. For example:

- ★ Where are you as you hear this sound?
- ★ What time of day is it?
- ★ How do you feel?

What else feels important to remember about this moment and place?

Step 2: Listening

Once you have a recording, find a moment to listen back. What do you hear? Are there sounds that catch your attention?

Here are some ideas for capturing your thoughts and ideas as you listen:

Write a list of words to describe your recording. You might describe the sounds, the mood, or the feel of the recording, or anything else you notice.

Make a drawing, sketch, or visual representation of what you hear. How does this look to you? What comes to mind when you look at your drawing?

Listen out for rhythms in the recording. Can you find a rhythm you like? Are the rhythms regular or irregular?

Try playing along to the recording as you are listening to it. What happens if you try blending your sound with the recording? Can you imitate or echo the sounds? What happens if you play something different to what you hear?

Step 3: Journey

Take a moment to look at the thoughts and ideas that have come out of your listening activities. Which of these do you feel excited to make music from? It might be that you have lots of ideas that you want to experiment with, or you might want to choose just one or two.

Now take these ideas with you as you start the Music Making Journey and use your instrument or voice to **experiment with your sound**.



How the Come and Create band made music inspired by recordings from our environment

The Recording

In the Come and Create band, we made recordings of the places we were in. Some of these were made inside our homes and some outside.

One band member made a recording of the beach at Etretat in Normandy, France. They talked about the recording:

“The sounds are the seagulls and people walking on the pebbles and the wind and the waves as well. It was a very rough sea when we were in Etretat. I saw some people swimming and surfing. And that was where Monet painted.”

The Music

We listened to the recording together and had ideas for how we could make music inspired by it. One band member said:

“I was thinking about playing the piano for the pebbles and the rocks. Maybe using a drum sound for that as well.”

We improvised together trying out different ideas and different instruments. We began to try layering our ideas together. We added violin, guitar, flute, and clarinet. Another band member reflected on the music as it was developing:

“The clarinet and the violin aren't always layered, they go from one to the other. They don't always play at the same time.”

We decided to make a rhythmic section. We also thought about what images the music brought to our minds and we made a song with those images.

Together, we made some decisions about the shape of the piece. We

thought about how we wanted the piece to start, what happens in the middle, and how we want the piece to end. We made a map of the piece, with all the sections named in order.

Finally, we finished the piece and named it **Sea Sounds**.