Listen to your body

Find a nice spot outdoors, invite a friend to join you. Open your arms and look up to say hello to the sun.

Take a deep breath.

Bend down and stretch.

Cross your arms, tap your shoulders, and listen to the sound. Repeat five times.

Continue tapping your body with your hands whilst bending down and rising up again.

Close your eyes. Listen to what you hear around you. Tell your friend.

Soundhunting

Hunt for a sound where you are. Try and show your friend what makes a...

...smooth sound

...sound that interrupts

...long sound

Tip: Find a stick and try to make five different sounds with it. Alternate with your friend.

Become a composer

How would you draw a...

...hum?

...rough sound?

...shy sound?

...short sound?

...growing sound?

...whistling sound?

Tip: Draw dots, lines, waves, circles, spirals with different colours.

Sound on!

Lay your drawings next to each other and discuss their sounds.

Which symbol stands for which sound?

Think about how you start and end. Is it loud, is there a pause with silence?

Take your instruments - or an empty plastic bottle, fill it with dry rice or beans, or use a stick, your voice, the lid of a pot, a whistle...

Improvise!

Note: How do you move when making those sounds?
TOOLS FOR SOLIDARITY