Shower of Sounds

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N° of pax
min. 3 max. 60



outdoors



art expression

30 mins



PURPOSE

- creativity
- experimenting with non-verbal communication
- getting attuned with nature

MATERIALS

- a whistle or singing ball to indicate time
- 1 blind fold for each trio

PREPARATION

• Find a spot in the forest or in a park (preferably not crowded) where you can separate the group into trios. • Make sure that there is a distance of approx. 5 meters amongst the trios

INTRO

We use words as the base of communication exchange between us, we rely on them and use them as reference points. However, clinical experiments investigated that only 7% of our communication is received by the verbal channels and 93% comes through non-verbal channels (gestures, sounds, movements, intonation). In the following activity we are about to experience how different sounds evoke different emotions and reactions in us.

SHOWER OF SOUNDS

STEPS

Find a suitable spot in the forest where you can see all the participants. / **1.** Divide them into trios. **2.** Each trio needs to find a spot where they are going to work. The spots have to be min. 5 meters away from each other. **3.** Ask them to nominate the first person to receive the sound shower - performed by the 2 other team mates. **4.** The first person "the Receiver," will get a blind fold. **5.** We start together - each team has 15 minutes = 5-5-5 minutes for each Receiver to get a sound shower. There is a rotation amongst the trio team members after each 5 minutes. **6.** Before the first round starts, you ask the 2 "Performing" team members to create a sound shower or experiment for the Receiver. They are two so they can work together (without previous agreement) and spontaneously create a sound environment. They can change it any time according to the creativity process. **7.** The Receiver stands still during the performance - the Performers can circulate around him/her in order to make a 3D sound environment.



8. One important rule: if the Receiver doesn't like the sound he/she hears, he/she can signal with the hands to stop and change to some other sound environment. **9.** The members of the trio are asked not to use verbal expressions - only non-verbal: which are sounds, body sounds (claps), whistle, steps - jumps. Please do not use external objects - like sticks to make sounds. **10.** If the 5 minutes is over, the next Receiver is prepared. **11.** After the 3rd round we finish the activity and gather for reflection.

REFLECTION

- How was it to be a Receiver? How was it to be a Performer?
- How did you feel during this activity?
- How can you connect the learning outcome of the activity to your own personal well-being?

COMMENTS

Emotional safety is primary in case of this activity. There might be participants who are uncomfortable with blindfolds. You can ask them to close their eyes only or, if that is also too much, then they can be with open eyes.

Harsh sounds can be scary especially if you are with closed eyes, you can watch and moderate the Performers not to create a "horror" environment but more to experiment with nice sounds.

It is not suggested to touch the body of the Receiver while performing the sounds, however, if there is a good trust level in the group, you can introduce gentle touch indications (shoulders, back, arms, legs) while the sound shower is on. It will strengthen the experience into a full sensual process.