



Visualising Sound

Warm-up activity developed by CatalyticAction

Visualising sound is a warm-up exercise that enhances the ability to associate sound to image. It requires one participant to create sounds and the others to close their eyes, listen, and imagine where the sounds are coming from.

Preparation:



Make sure there is enough space in the room to form a circle and for participants to move around.



Purpose:

To enhance awareness, sharpen sensory perception and warm up the imagination.



Duration:

10 minutes



Group size:

Variable



Suggested Age:

4+

Materials:

If the room you will be working in is completely empty, you might want to bring some everyday objects of different materials that participants can use to make sounds with, such as: a ball, shakers, rocks, aluminum foil, spoons, pots and pans.



Space:

A calm open space or a room big enough to form a circle.

Step by Step:

- Invite participants to form a circle and ask everyone to sit down.
- Ask participants to close their eyes and tell them you will make a sound and they have to guess what it is. Try different sounds and combinations, such as stomping on the floor, clapping, dropping a pencil, shaking aluminum foil while jumping, etc.
- Ask: What objects did I use?
Where was I in the room?
- Invite children to raise their hand to share their thoughts.
- After a small discussion, invite participants to close their eyes again. Say that now one of their peers will be secretly selected to create a few sounds.
- After the selected participant finishes a round, ask participants to open their eyes.
- Ask: Can you guess who went up?
Can you tell us what they did based on what you heard?
What objects did they use?
- Invite children to raise their hand to share their thoughts.
- Play the game and repeat the game a few times. You may choose two or three participants to get up at the same time.

Tip: You can encourage the participants to find the objects that made the sounds they heard.

