

Week 1: a sound diary

- Set a timer for a short period of time, (for example for five minutes) or set a space limit (e.g. filling a page in a notebook).
- Listen to the sounds around you and write them down.
- You might also find yourself switching between describing the sounds of the environment and foreground events as they happen.
- Try different approaches - you might wish to list the sounds, or write fluidly in prose, describing the sounds as they occur. Try to describe sounds as well as identifying their sources.
- Experiment with drawing sounds – how can you visualise the shape of sounds, beginning and end, distance?
- If you have an opportunity to record the sounds around you, listen back afterwards and compare what you hear with your notes.
- Try to repeat this every day, in different locations.