

Food and Health: Sounds of Bharti's Kitchen

Activity Information Sheet:



Activity:

Simply Sounds

Duration:

2 minutes

Resources:

1 PowerPoint presentation which contains 2 minutes of sound and 3 images.

Extras:

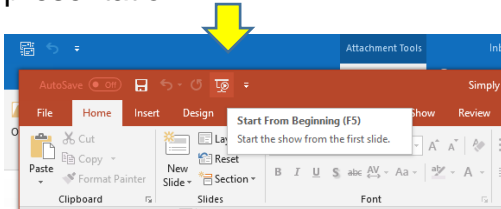
A recording device and camera to create your own 2 minutes of listening.

Activity aim:

- To listen to 2 minutes of sound recordings which have no words. To reflect on how the sounds make you feel, what they remind you of etc.

Instructions:

- Be still and quiet for a minute and listen to the sounds around you.
- Explain that you are going to listen to some sounds which have been recorded by people in the community. You can listen without looking at the images for the first time then listen again with the images, if more context is needed.
- Click on and open the PowerPoint presentation. Click on the slide show icon in the top left-hand corner to play the presentation from the start. Press the **Escape** button to stop the presentation.



- The PowerPoint will play the sound and scroll through the images automatically.

Topics for discussion:

- When you listened, what did you hear?
- Where do you think the sounds were made?
- What did these sounds remind you of?
- How did these sounds make you feel?