



# Listening to Silence

## GET INVOLVED

We are in the middle of challenging times, but current Government guidelines mean that we can still get outside. This is great for our physical and mental wellbeing and if we observe the guidelines and social distancing measures, it means we can do it safely and without putting ourselves or other people at risk.

With this in mind, we've come up with a series of activities for individuals, groups and families to take part in to make your time inside or outside more enjoyable and fun. We want people to appreciate the world around us by making it a bit more interesting.

### AIM

To help increase sensitivity to sounds. To direct attention outward.

### WHAT YOU'LL NEED

A quiet space.

## WHAT TO DO

The activity can be done at any time of the day, but after a meditation session is a good time. Stand and listen with your eyes closed to all the sounds around you, by doing this over time your sense of hearing will become more sensitive. It is important to just listen from time to time allowing the sounds to arrive at the ears without seeking out any particular sounds.

Try to listen to sounds far away, what is that sound in the distance? Is it a plane? Listen to the middle distance sound is it a bird singing? Then listen to the sounds coming in all directions gradually getting closer and closer. The challenge is to see what the nearest sound is. Is there silence between sounds?

You can also try to see how many sounds you can hear and from which direction. This can highlight the many different species of birds and insects you can hear if you listen closely.

## DID YOU KNOW...

The above activity requires very little resources and should be able to be accessed by the majority of people.

[Adapted from the book - With Nature In Mind by Lindsay Royan and Andy McGeeny]

Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

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