

Printable Prompts for Sonic Exploration Recipe Box

Listen to sounds that linger from the past

Contemplate harmony

Find the most spectacular sound

Find the subtlest sound

Listen for a pleasing sound and hold onto it as you walk

Imagine a choir of silence

Printable Prompts for Sonic Exploration Recipe Box

Imagine what's going on behind you

Listen for high pitched sounds

Walk to the rhythms around you

Listen for sounds of joy

Listen for sad sounds

Listen for sounds under the ground

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Listen for sounds inside cracks

Listen to the sounds of your clothing as you walk

Tune into sounds so low you can feel them

Walk towards the sound that is farthest away from you

Find the sounds that are closest

Count the layers of sounds

Printable Prompts for Sonic Exploration Recipe Box

Listen to the earth

Listen to trees

Listen to the city breathing

Find sonic evidence of extraterrestrial life

Listen to the sounds of feet

Find a secret sound

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Greet everyone you see with a silent sound

Meditate on one word while walking

Construct a sculpture from sound

Listen to your heart

Listen to the sounds inside your body

Listen to the sounds of your neighbour breathing

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Feel sounds

Listen with your whole body

Listen for stories

Remove yourself from the world of sound

Imagine yourself in harmony with the sounds around you

Listen to the songs of birds

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Listen for conversations

Listen for water

Find the silliest sound

Listen to unusual critters around you

Smell sounds

Synchronize your breath with sounds around you

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Follow the traces of sounds

Capture the most perfect sound