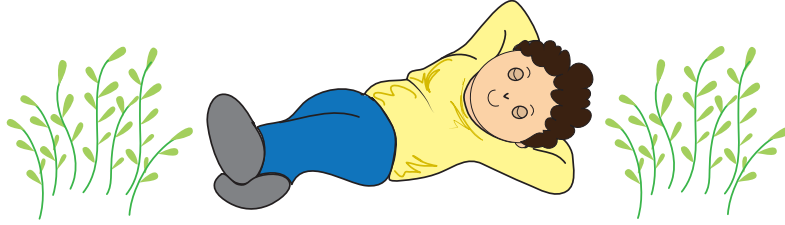


Name _____

Date _____

The Sound of Silence at Home



Take some time outside. Bring your body to stillness, close your eyes or lower your gaze and listen to the sounds around you. Now take some time to listen to the silence in between the sounds around you. Draw and/or write your answers to the questions below.

1. What was your experience like listening to **sounds** outside? What did you hear, what did you notice?

2. What was your experience like listening to **silence** outside? What did you notice?

Name _____

Date _____

The Sound of Silence at Home

3. How can silence or space be important? Do you notice anything about your connection to nature?

4. Discuss with each other the following quote: "Without silence, sound would be meaningless"
—Katrina Goldsaito, *The Sound of Silence*

Name _____

Date _____

The Sound of Silence at Home

5. Draw your favorite sounds at home and explain why they are your favorite sounds.

6. Write a poem about silence and draw a picture of yourself outside in stillness and silence.
