

Sounds Familiar – The Great Outdoors

Time: 1 Hour

Activity / Slides	Timing	Notes / Key questions
	Prior to session	<ul style="list-style-type: none"> • Select co-hosts to help facilitate online meeting – eg. admitting guests, muting etc. • Set up WhatsApp chat between volunteers and leaders • Prepare PowerPoint with sound and video enhancement checked.
Welcome + introductions	1:30 / 5 mins	<ul style="list-style-type: none"> • Thank people for coming, • Explain that the session uses specially selected sound clips for reminiscence and relaxation. • The aim is to stimulate memories, for them to have fun and may be visit the CultureLeicestershire website for more Sounds Familiar activities.
Ice breaker: 3 Breaths + favourite sound	1:35 / 10 mins	<p>Take 3 deep breaths in and out. Think about your favourite place outdoors. Think about your favourite sound from that place.</p> <ul style="list-style-type: none"> • What is it? • How does it make you feel? • What does it remind you of?
Theme of session		Today's session is about: The Great Outdoors
Sound activity: Sound quiz – 6 pictures and a sound scape of farmyard activity.	1:45 / 10 mins	<p>Introduce sounds – listen to some farmyard sounds. Here are some pictures of things you might hear. Discuss them before playing the sounds. What sound do they make? Bit of fun imitating animal noises!</p> <p>Explain that as we listen, raise your hand up or nod or wave if you hear any of the sounds on these picture clues. We'll chat about it when the recording stops.</p> <ul style="list-style-type: none"> • Do you have a favourite farm animal? • Have you ever worked on or visited a farm? • What's the best job / worst job on a farm? • How would you describe the smell of a farmyard? • What might you use manure for in the garden?
Music: Hound Dog	1:55 / 5 mins	Elvis Presley 1956. Demonstrate and encourage some hand jiving!
Sound activity: Close to nature: Fields Lichens Butterflies Badgers Seals Rambling	2:00 / 10 minutes	<p>Explain that you are going to listen to people talking about their passion for nature.</p> <ul style="list-style-type: none"> • Do you have a passion for something outdoors? • What fascinates you about nature? • Have you ever had a close encounter with wildlife? • How does being outdoors make you feel? • What was your favourite sound recording and why?
Music: The Manchester Rambler	2:10 / 5 mins	Ewan McColl 1932: Inspired by taking part in the Kinder mass trespass. Join in with the words especially the chorus!

<p>Simply Sounds: Sounds of a reservoir walk</p>	<p>2:15 / 5 mins</p>	<p>Explain that you are going to sit and listen and chat about it at the end.</p> <ul style="list-style-type: none"> • 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?
<p>Music: Raindrops keep falling on my head – B J Thomas</p>	<p>2:20 / 5 mins</p>	<p>Written by Burt Bacharach and Hal David for the 1969 film Butch Cassidy and the Sundance Kid. Encourage joining in and swaying.</p>
<p>Feedback:</p>	<p>2:25 / 5 mins</p>	<p>Thank people for coming and sharing their stories.</p> <ul style="list-style-type: none"> • Have we stimulated memories? • Have they had fun? • Will they look at the website? https://www.cultureleicestershire.co.uk/unlocking-sounds/ <ul style="list-style-type: none"> • Offer to stay on for a few minutes after the playout music if anyone wants to chat to the leaders / volunteers.
<p>Closing tune: BBC theme tune of the Archers</p>	<p>2:30</p>	<p>Playout music. The Archers theme tune – ‘An everyday story of Country folk’ Theme tune used by BBC between 1950-1990s</p>