

## Sounds Familiar - Childhood

**Time:** 1 Hour

Activity / Slides	Timing	Notes / Key questions
	Prior to session	<ul style="list-style-type: none"> <li>• Select co-hosts to help facilitate online meeting – eg. admitting guests, muting etc.</li> <li>• Set up WhatsApp chat between volunteers and leaders</li> <li>• Prepare PowerPoint with sound and video enhancement checked.</li> </ul>
<b>Welcome + introductions</b>	1:30 / 5 mins	<ul style="list-style-type: none"> <li>• Thank people for coming,</li> <li>• Explain that the session uses specially selected sound clips for reminiscence and relaxation.</li> <li>• The aim is to stimulate memories, for them to have fun and may be visit the CultureLeicestershire website for more Sounds Familiar activities.</li> </ul>
<b>Ice breaker:</b> 3 Breaths + a sound you can hear now	1:35 / 10 mins	<p>Explain you are going to take 3 deep breaths breathing in and out. Lead them through this. Ask them to listen for a moment and notice what sounds they can hear. Ask them to listen a little harder – What else do they notice?</p> <ul style="list-style-type: none"> <li>• What is it?</li> <li>• Do you like it?</li> <li>• What does it remind you of?</li> </ul>
<b>Theme of session</b>		<b>Today's session is about:</b> Childhood
<b>Sound activity:</b> Listen with mother 'Are you sitting comfortably?'	1:45 / 5 mins	<p>Talk about listening to stories on the radio. Julia Lang presented and always said 'Are you sitting comfortably...' See if they can finish off the sentence ('then I'll begin'). Remind them to listen and we'll chat at the end of the clips. Play the recording of Julia.</p>
<b>Sound quiz</b> – toys (2 pure sounds / 2 talking)	1:50 / 10 mins	<p>Introduce the sounds – Explain that you are going to listen and see if you know what the sound is. There are some picture clues! Explain you will chat about it when you have listened and tried to identify the sounds. Introduce talking clips – listen to short sound recording of someone talking about their toys from the past. Explain you will chat about it when the recording stops.</p> <p>Talk about toys and games from their childhood or from children they cared for.</p> <ul style="list-style-type: none"> <li>• What were your favourite toys and games?</li> <li>• Is there a toy you always wanted?</li> <li>• Memories of visiting toy shops.</li> <li>• Can you remember where they were in town?</li> <li>• What were they called?</li> <li>• What are the noisiest and quietest toys and games to play?</li> </ul>
<b>Music:</b> Living Doll	2:00 / 5 mins	Cliff Richards 1959. Encourage some hand jiving. Show some moves!

<p><b>Sound activity:</b> Perilous play – 4 stories available.</p>	<p>2:05 / 5 minutes</p>	<p>Explain that you are going to listen to people talking about their childhood and particularly the places where they probably shouldn't have played!</p> <p>Play the recordings one at a time and discuss the content before moving onto the next recording.</p> <ul style="list-style-type: none"> <li>• Where were the best places to play?</li> <li>• Did you or any of your friends ever get into trouble for a game you played?</li> <li>• Do you agree that 'boys will be boys'?</li> <li>• Are you a risk taker?</li> <li>• Have you ever played with fire?</li> <li>• Describe your favourite outdoor activity.</li> </ul>
<p><b>Music:</b> Up on the roof</p>	<p>2:10 / 5 mins</p>	<p>The Drifters 1963 – encourage singing and swaying. Swaying is our bodies natural way to creating a calm feeling.</p>
<p><b>Simply Sounds:</b> Sounds of a summer garden</p>	<p>2:15 / 5 mins</p>	<p>Play all the sounds through then discuss what you heard.</p> <ul style="list-style-type: none"> <li>• When you listened, what did you hear?</li> <li>• Where do you think the sounds were made?</li> <li>• What did these sounds remind you of?</li> <li>• How did these sounds make you feel?</li> </ul>
<p><b>Music:</b> If you're happy and you know it - film</p>	<p>2:20 / 5 mins</p>	<p>A children's song that is popular with Scouts, Brownies, Guides etc. Encourage joining in with actions!</p>
<p><b>Feedback:</b></p>	<p>2:25 / 5 mins</p>	<p>Thank people for coming and sharing their stories.</p> <ul style="list-style-type: none"> <li>• Have we stimulated memories?</li> <li>• Have they had fun?</li> <li>• Will they look at the website? <a href="https://www.cultureleicestershire.co.uk/unlocking-sounds/">https://www.cultureleicestershire.co.uk/unlocking-sounds/</a></li> <li>• Offer to stay on for a few minutes after the playout music if anyone wants to chat to the leaders / volunteers.</li> </ul>
<p><b>Closing tune:</b> 'Listen with mother' if time</p>	<p>2:30</p>	<p>Very gentle playout music. Faure: Berceuse from the Dolly Suite</p>