

Sounds Familiar - Holidays

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 together, then think about your perfect holiday. 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?
Sound activity: Sound quiz – 6 pictures and sounds to match.	1:45 / 10 mins	Introduce Today's session. It's all about: Holidays
Wurlitzer organ Seagull Slot machines Waves Vespa scooter Punch and Judy		<p>Introduce the sounds – listen to some holiday sounds. Here are some pictures of things you might hear. Discuss them. What sounds are you expecting? Best seagull impression! Remind them to listen to the clip, then chat when it stops.</p> <ul style="list-style-type: none"> • What do you like to do at the seaside? • What food and drinks remind you of holidays? • Have you ever been abroad? • Do you have any holiday souvenirs? • Do you think a change is as good as a rest?
Music: Summer Holiday	1:55 / 5 mins	Cliff Richards 1963. Demonstrate and encourage some clapping, tapping your thighs and singing along!
Sound activity: Are we nearly there yet?: Tandem Taxi Lorry Guest House	2:00 / 10 minutes	<p>Explain that you are going to listen to people talking about going on holiday. Play a sound clip, look at the photo and discuss it before moving on to the next one.</p> <ul style="list-style-type: none"> • Do you have a story to share about travelling on holiday? • What is the best / worst place you ever stayed in? • What are your holiday essentials when it comes to packing? • How do holidays make you feel? • What was your favourite sound recording and why?
Music: Come Fly With Me	2:10 / 5 mins	Frank Sinatra 1957: Sing along or just shut your eyes and listen!
Simply Sounds: Sounds of a Cornish Beach	2:15 / 5 mins	<p>This is 2 minutes of listening. We are going to play some sound clips which last for about 2 minutes. We'll just listen and then we'll discuss what you heard afterwards.</p> <ul style="list-style-type: none"> • When you listened, what did you hear?

		<ul style="list-style-type: none"> • Where do you think the sounds were made? • What did these sounds remind you of? • How did these sounds make you feel?
Music: Oh! I do like to be beside the seaside!	2:20 / 5 mins	British Music Hall song from 1907 when the yearly visits of the British working-class to the seaside were booming. Encourage joining in and any miming!
Feedback:	2:25 / 5 mins	<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.
Closing tune: BBC theme tune for the shipping forecast	2:30	<p>Playout music.</p> <p>Sailing By – Composed by Ronald Binge in 1963</p> <p>"Sailing By" is played every night on BBC Radio 4 at around 00:45hrs before the late <u>Shipping Forecast</u>. Its tune is repetitive, assisting in its role of serving as a signal for <u>sailors</u> tuning in to be able to easily identify the radio station.</p>