

Sydenham Arts.

in collaboration with

Aisling Gallagher & Calum Perrin

SAFE & SOUND?

An Easy-Read translation and audio version of this information can be found on our website [here](#). If you have any other access needs, please get in touch - we can assist participants to take part in a way that works for you. Our email address is aislinggallagher92@gmail.com

Listening and Recording Tasks

These listening and recording tasks are designed to get you thinking about the sound of your home. These sounds may be loud or quiet, pleasurable or irritating, and sometimes sounds that only reveal themselves with careful listening. Feel free to follow these instructions in order to create your recordings, but this is not compulsory. We just want to inspire you to hear your domestic space in a new way.

1. Lie or sit in the middle of your living space. Place your hands at your sides or on your lap. Starting with your toes, gradually relax your entire body. You may have your eyes open or closed- if they are open, try to defocus your vision slightly. Listen to the space. If a sound captures your attention, follow it for as long as you like. Listen to your thoughts. Allow the boundary between the sound of your thoughts and the sound of the room to blur.

After you have finished listening, write down what you heard and how you feel.

2. On your phone, open or download an app that can record audio. Choose a very quiet task- for example; reading, or listening to something in headphones. Place the phone somewhere in the room, and set it to record. Do your quiet task for ten minutes. Don't listen to the space- make sure you are distracted by your task. Then stop the recording. Repeat the exercise, but with a louder day-to-day task- for example; cooking, typing, doing household chores etc.

3. Explore your home and find objects that make interesting sounds. For example, this may be a creaking door, a dripping tap, or a spoon stirring a cup of tea. Feel free to tap, hit, move, place, scrape, open and close, in order to create exciting sounds. On your phone, record as many of these sounds as you like.