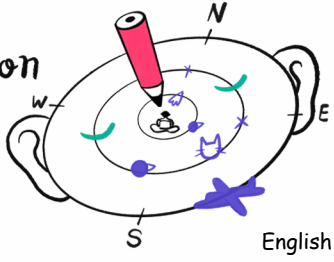


The Concentric Rings of Perception



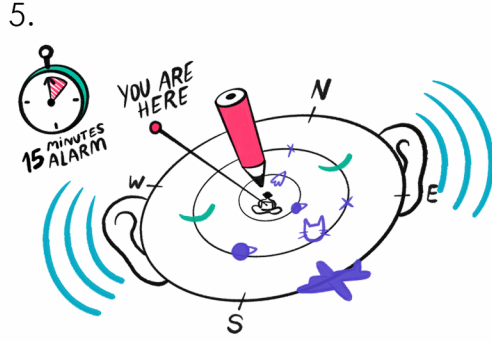
STEP 1: Introduce the practice by talking about how we can perceive sounds in 3D with our ears (do some research about binaural sounds) whisper from back of one of the participants, gently moving from one ear to the other. Notice how the person listening to you can clearly perceive where your voice come from without looking at you.



STEP 3: Give to each participant a sheet of paper and a pen and invite to draw 3 concentric rings (or you can give sheets of paper with the concentric rings previously printed). Explain that the first little central ring is about the sound their body produces and the second concentric ring correspond to the sounds they listen at a distance of 50 meters. The third circle correspond to a greater distance defined by the depth of the landscape. It is the sonic horizon.



STEP 2: Invite each participant to sit preferably on the floor if possible and choose a direction to look at. Propose to define the cardinal direction they are looking at (N, E, S, W), the direction they will have to write on their sheet of paper later on.



STEP 5: Invite the participants to sit in silence for 15 minutes and give the following instructions: mark on the paper your orientation on top of the page. Now mark the relative location of each sound you can listen to using the 3 concentric rings. Draw a little symbol of your choice for each kind of sound if you want.



STEP 6: Invite each participants to share their drawing with each other after the practice, they can take pictures with their mobile phone and explore what the differences and what they have in common.



STEP 7: Propose the discovery of mobile phone apps: - Merlin Bird, to recognize birds by their songs (merlin.allaboutbirds.org/sound-id/) - Decibel X, or similar to measure the in the city



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