

Listening



Activity Purpose

An important part of Indigenous observations is learning to listen deeply. This means listening with your ears but also perceiving with our whole bodies including our hearts and minds. In this activity you will visit water in a place near your home and take time to listen deeply and represent what you hear.



Activity Overview

- ◇ Find water in a place near your home. Find a comfortable place to sit, not too close to other people. Close your eyes for a few minutes and listen. How does the water sound? What do these sounds tell you about the water, place, and relatives who live here?
- ◇ What other sounds do you hear? What do they make you think about or wonder about? Who is making those sounds?
- ◇ Reflect on how it feels to just listen with your eyes closed. When you open your eyes, begin to record the sounds, and their location. You can use the activity sheet or a piece of paper.
- ◇ Create your own way of representing what you hear. You can: create a symbol system, draw pictures, mark time passing. It's up to you!

Roles, Relations, Responsibilities & Gifts

- ◇ What do the sounds of water and other relatives tell you about this place?
- ◇ Do the different kinds of sounds tell you different things?
- ◇ Consider what gifts you can offer the water while you visit. Sing a song or offer other sounds the water may enjoy.



Learning Across Generations & with Other Families

- ◇ Take time to hear the ideas from everyone in your family. What do you learn from each other? What do the youngest children hear and notice? And the oldest?
- ◇ Take time to talk with relatives, friends, and elders about water sounds near their homes. Ask your elders to share how water sounds have changed during their lifetime.
- ◇ Share your recording of sounds with family and friends in other places and ask them to share their recordings in return. What do you notice about the sounds people hear from different waters?

Supporting Learning & Wellbeing

- ◇ How do you feel listening to the water and other sounds in this place? How does listening with your eyes closed help you find calmness?
- ◇ What sounds do you imagine the water perceives? What does the water hear?
- ◇ Visit the water at different times in the day, or in different seasons. Do you hear new or different kinds of sounds?
- ◇ What sounds do you think the water in this place made in the past? What might it sound like in the future? What might change the way water sounds at different times?



Making Connections with Stories

- ◇ Share stories of water sounds from your family. Do you have memories of sounds from streams, lakes, rain? Other waters?
- ◇ Tell or listen to stories or songs about water from your community.
- ◇ Make stories about water sounds from your imagination.

Making Relations with Lands & Waters

- ◇ Review the sounds you've recorded, what stories or teachings come from these sounds?
- ◇ Consider recording the sounds you make during your visit, what impact do your sounds have on the water and other relatives in this place?
- ◇ Do you have memories of water sounds from other places?







Decolonization, Resurgence & Good Relations

Talk as a family about ways to take care of the water everyday. Consider visiting the water in the morning, evening, or throughout the day to offer gifts and build strong relationships.

Work to listen to the water regularly and hear what the water is telling you. Consider how water can teach us what it needs for a healthy future.

Water Listening

Visit water in a place near your home and take time to listen deeply and represent what you hear. Find a comfortable place to sit near water and not too close to other people. Close your eyes for a few minutes and listen. Record what you hear on the table below:

<p><i>An important part of Indigenous observations is learning to listen deeply...</i> In each box write the sounds you hear</p>	<p><i>Listen with your ears but also with your whole body including your heart and mind...</i></p> <ul style="list-style-type: none"> • What do these sounds tell you about the water, place, and relatives who live here? • What other sounds do you hear? • What do they make you think, feel, or wonder about? • What does the water think about the other sounds?
	
	
	
	
	
	
<p><i>What other kinds of sounds do you hear?</i></p>	