



## Listening Rings

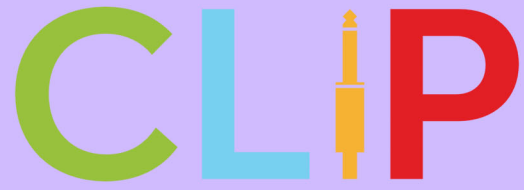
### Materials you will need:

A timer (this could be a clock or on a phone)

### What is a Listening Ring?

Our brains are fantastic at rejecting unwanted sounds, In a busy room we can ignore the background noise to focus on what the person next to us is saying. This means we are often not aware of all the sounds around us. Listening Rings encourage you to improve your listening skills and try and pick up the smallest of sounds.

### Listening Rings



#### Instructions:

1) Listen for sounds in three categories:

- a) those that are nearby,
- b) those that are elsewhere in the room, and
- c) those outside the room.

2) You may want to close your eyes, or you can look down into your lap or at the floor. This can help with concentration.

3) Use your watch/phone and set a timer for 1min. Try and choose a soft alarm sound to let you know when the minute is up.

4) Think about all the sounds you heard. If you are able to do this activity with someone else in your house, you can check if you heard the same things.