

Title: Scout Signals Sound Bites (Bytes)

Section: All Place: Indoors/Outdoors Duration: 30 mins Participants: 6 to 15	MISC. SOUND EFFECTS 
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SPCIES – Learning Objectives

Emotional – Know that is OK to talk to people I trust about how I feel

Social – Explore how people communicate

Intellectual – Be an active participant in a small group

Objectives

- This exercise examines feelings and emotions and how young people can sometimes share the same experience and yet feel differently about it.
- It explores the importance of expressing their feelings and who they can discuss them with.

Activity Objectives

- Identify sounds which make me afraid, happy or feel other emotions and why
- Explore the importance of communicating and listening
- Be comfortable in expressing myself with my friends
- Identify people I can trust in my life

Materials

- Mp3 Player, Phone, Laptop or other medium for playing sounds
- Recordings of sounds/music
- with happy, sad, exciting, ominous music/sounds
- Use a "foley" sound list used for movie making in public domain – an example is www.epidemicsound.com
- Emoji sheets

Description

- Create a playlist of different sounds effects, these should include, happy, sad, scary, movie sound effects, dogs barking, people laughing and even some household sounds
- You can use a "foley" sound list used for movie making (in public domain)
- Play each sound and ask the youth members to show the emoji they feel matches the sound.
- Ask why they think the sound makes them feel like this and who they would discuss these feelings with.
- If there are different reactions to certain sounds explore these (i.e. why someone might be scared by the sound of a dog barking and why another person might be excited by it).
- It would be a good idea to use a totem or other medium with younger members so they can only speak when they have the totem. This will avoid everyone trying to talk at the same time.

Tweaks

- The sounds used can be seasonal. E.g. Spooky ones at Halloween etc.
- If emojis are not available, the activity could be run as a moving debate. Have labels on the floor or wall and the youth members go to the relevant one
- On a hike or outdoor activity have the youth members listen for the sounds of nature.

Review

- How did you feel expressing your emotions
- Was the exercise fun to do
- What would make it more interesting, what other ways could you use to express your feelings
- Deal with any issues that may have arisen

Notes

- Be careful when downloading sounds/lists from the internet as there may be copyright issues and some of the "free" lists may involve subscribing and have charges at a later stage.
- We are not recommending the website above it is only provided as an example of where you might get some information.