



# DIALOGUING WITH MY CITY'S FORESTS

## EXPRESS THROUGH CREATIVITY

### **Drawing the sound universe.**

Art is a way of communicating beyond words, with this activity we want the visitor to make an artistic exercise or artwork about their experience through the Sound Map. At the end of the exercise the visitor is invited to leave a message about his/her drawing, sculpture, etc. on the platform

**Age:** Between 4 and 100 years old

### **Activity:**

1. If you want, you can start by doing the exercise I AM IN THE PRESENT \* (see below)
2. Students listen to several audios from the Platform and create a drawing or an artwork. Some ideas for this exercise can be:  
Capture the sounds they hear.  
Capture how they imagine the place they hear.  
Express their feelings when listening to these audios.  
Express with some intention of gratitude, empathy or care for the ecosystem.  
Dedicate the artistic exercise to the ecosystem.
3. After the exercise is done they give it a title.
4. Through a message on the platform they present their art exercise to the Ecosystem through words or sounds.

### **To create a Musical piece or a Sound Work**

For many, music is their favorite way to express their feelings. This activity invites you to create a musical piece or a sound work based on the experience with the Sound Map.

**Age:** Between 4 and 100 years old

**Activity:**

- 1 If you want, you can start by doing the exercise I AM IN THE PRESENT \* (See below)
2. Students listen to the audios from the Platform and are inspired to create an artwork. If you want to download some audios from the platform write to [vozterra.com@gmail.com](mailto:vozterra.com@gmail.com) to access the sound files of VozTerra.
3. Students record the soundscape of their closest ecosystem, choose audios from the sound map, or compose with their favorite instrument to create a work combining these sound universes.

Some ideas to compose a Musical piece or a Sound Work:

Dedicate the work to the ecosystem or some of the animals or plants that live there.

Perform the work with the intention of healing and helping to conserve this ecosystem.

Create a work as a way of talking with the inhabitants of that place.

Create a work imagining how this place would sound in the best possible future.

Create a work by imagining what the ecosystem is saying.

4. Share the work on social media by tagging @vozterra and using the following hashtags: #mymarkmycity, #mimarcamiciudad, #listen, #escucha, #vozterra, #climatechange, #cambioclimatico

5. At the end the students leave a message to the ecosystem through the platform.

**Creating a collective Sound universe (Group activity)**

**Age:** From 4 to 100 years old

**Activity:**

1. Students listen to the different audios for 15 min, imagining the place where they were recorded.
2. The group is placed in a circle and in silence they take a couple of deep breaths.
3. The group imagines that it is part of another similar ecosystem. Every person imagines that he/her is part of that ecosystem: like a bird, an insect, a mammal, water, wind, etc. Between all, they create a choir of life for about 3 min.

4. Share the chorus in social media by tagging @vozterra and using the following hashtags: #mymarkmycity, #mimarcamiciudad, #listen, #escucha, #vozterra, #climatechange, #cambioclimatico

### **\* Exercise I AM IN THE PRESENT**

Guide the group towards internalization.

Sit down in a comfortable position with your back straight. It is important that your back is straight but also that you are as comfortable as possible, try to keep this position still during the whole practice. (everyone is expected to sit comfortably).

Close your eyes and take 3 deep breaths, releasing any tension. Inhale deeply and when exhaling release any physical tension (pause 2 sec), inhale deeply and when exhaling release any mental tension (pause 2 sec), inhale and when exhaling release any emotional tension (pause 2 sec). Release your body from any tension and surrender to this present moment. Perform a scan of your entire body and where you find tension simply take your breath to that area feeling how with that inhalation, that place recharges with energy, the space is opened and with the exhalation any tension is released. Keep doing this for a moment. (15 sec pause).

Now focus your attention on the sounds that surround you. Bring your attention to the farthest sound, (pause 10 sec), if your mind is distracted bring it back through breathing, continue listening to the farthest sounds (pause 15 sec.) Try to find the farthest sound (pause 20 sec ). Now start listening to closer sounds (20 sec pause). Now listen to one sound at a time, first one and then switch to another (pause 18 sec). If your mind is distracted again become aware of the sounds (15 sec). Now bring your awareness to your breath and listen to each inhalation and each exhalation (40 sec).

Take a deep breath, become aware of your body. Take another deep breath, open your eyes and listen to different audios from the platform. When you hear the audios, close your eyes and simply begin your sound journey towards the ecosystem.