

# SENSE OF HEARING

accessible  
forest 

The aim here is to encourage the Accessible Forest Practitioners to explore and deepen their experience with the sense of hearing so as to be able to confidently guide their participants in invitations that include the sense of sound and hearing.

Hearing is a boundary sense, it extends beyond the skin, constantly tuning into the environment. In a natural environment, sound can help us to orient ourselves in the space we are in and potentially feel safe, drop into slowness and presence, rekindle attention and curiosity, especially in screen-saturated minds and to possibly feel emotionally connected through shared silence or song.

For people with trauma, sensory differences, or cognitive challenges, sound can be healing but it can also be disorienting or threatening if not gently framed.



## REFLECT

What sounds offer me a sense of safety? How do I feel that in the body? Which sounds do I brace against? How does that feel in my body?

What assumptions do I carry about what's "beautiful" or "peaceful" in the soundscape?

Can I let the forest lead the listening?

## IMPORTANT CRITERIA DO REFLECT ON:

How do you engage and experience your sense of hearing?

When you walk in the forest what are the sounds that you are aware of?

How do you become aware of them?

What happens when you spend some time with your sense of hearing?

## TIPS

When you are out in the forest, what can you hear?

1. Bird song
2. Wind
3. Crackling leaves
4. ....?
5. ....?
6. ....?
7. ....?
8. ....?

**Offer gentle prompts:** Invite participants to sit still and to listen to the sounds

**Different types of sound:** invite participants to identify the sounds that are louder and quieter, further and closer, familiar and unfamiliar...

## EXPLORE

Explore different ways and with different language and elements on how to guide participants to explore the sense of hearing.

Notice a sound that is calling to your attention, now follow it. Where might it take you?

What sounds are you noticing in this place?

Notice a sound that is sparking your curiosity and share it with your partner.

Find a stone, a stick or any other element from the forest and create a sound. Now, with the other participants create an orchestra of forest sounds.