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# **LISTENING PASSPORT**

This reflects your listening  
experience of social  
distancing during the Covid19  
Pandemic of 2020

Listening Passport  
belonging to

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## **Collect**

Write down all of the sounds you hear

6 – 17

## **Select**

Describe some of your good sounds

18 – 33

## **Personal notes**

Use this for your own notes or comments

34 – 38

**We all have the power to change our own environment and the impact it has on us. When we change the way we look and listen at our surrounding then change will happen.**

This Listening Passport will help you. This is for you to use alone, with mates online or in a family setting.

Upload your recordings to instagram using the hashtags #listeningpassport and #isolationsounds. Follow @thelistingpassport.

There are only a few simple instructions. Please follow the simple instructions for each section. There are examples given for each task .

Your Listening passport will allow you to focus on your surroundings and environment. You will be asked to identify and describe the positive things you hear, see and feel around you.

# Write down all of the sounds you hear

Make note if it's daytime or night, inside or out, and if you like the sound

Eg. Birds in the garden.

Outside. In a group. Summer. Daytime.

Eg. Wash washer in kitchen

Inside. Daytime.

Eg. Feeding the goldfish

Inside. Night time before bed.

Eg. Clicking a jigsaw together

Inside. Early morning.

*Like*



Like



**Like**



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# Describe one of your good sounds

Inside

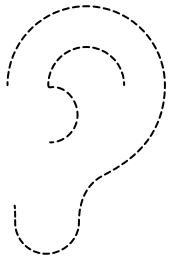
With others

Day

Outside

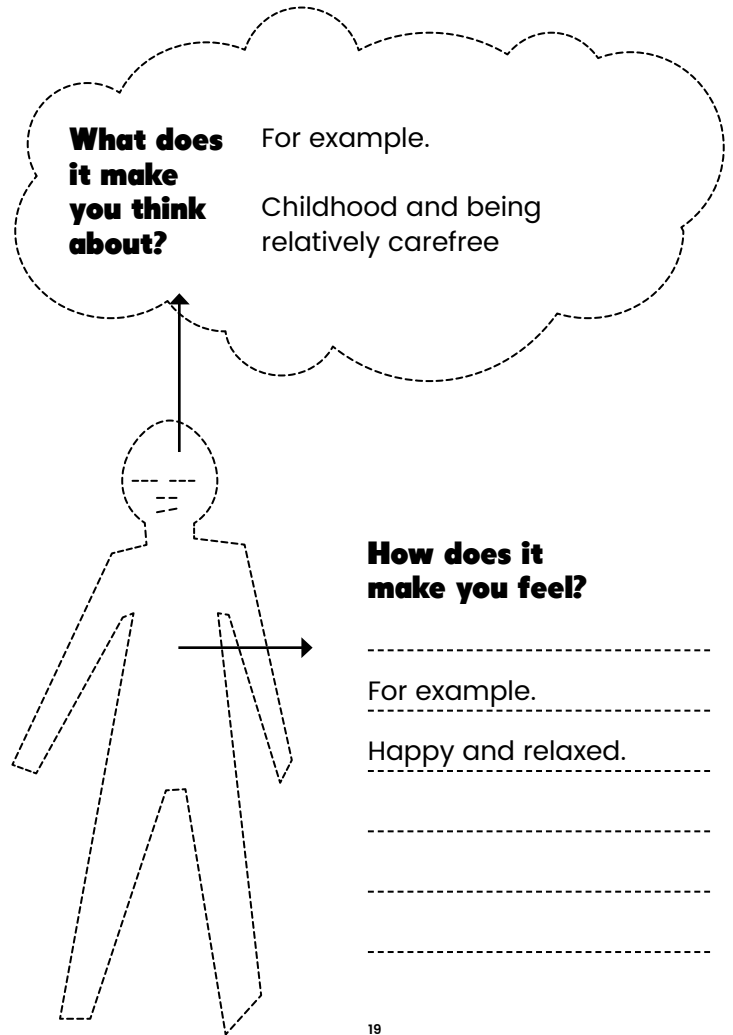
Alone

Night



Eg.

The sound of Lego bricks being  
connected and played with.



**What does it make you think about?** For example.  
Childhood and being relatively carefree

**How does it make you feel?**

For example.  
Happy and relaxed.

# Describe one of your good sounds

- Inside
- Outside
- With others
- Alone
- Day
- Night



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**What does it make you think about?**

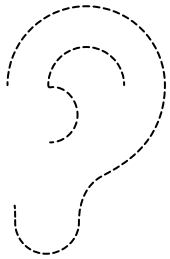
A dashed outline of a person standing, facing forward. A thought bubble is positioned above the person's head, connected by a vertical line. The thought bubble contains the text "What does it make you think about?". An arrow points from the person's chest area towards the right side of the page.

**How does it make you feel?**

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# Describe one of your good sounds

- Inside
- Outside
- With others
- Alone
- Day
- Night



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**What does it make you think about?**

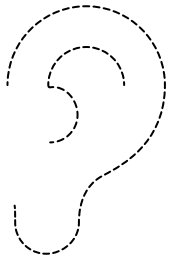
A dashed outline of a person standing. A thought bubble is positioned above their head, connected by a vertical line. The thought bubble contains the text "What does it make you think about?". An arrow points from the person's chest towards the right side of the page.

**How does it make you feel?**

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# Describe one of your good sounds

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- Outside
- With others
- Alone
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- Night



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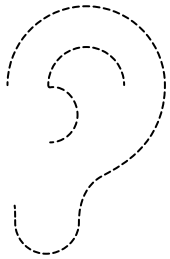
A dashed outline of a person standing. A thought bubble is positioned above their head, connected by a vertical line. The thought bubble contains the text "What does it make you think about?". An arrow points from the person's chest area towards the right side of the page.

**How does it make you feel?**

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# Describe one of your good sounds

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- Outside
- With others
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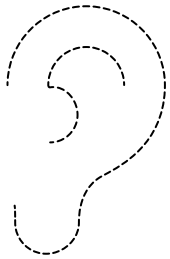
A dashed outline of a person standing. A thought bubble is positioned above their head, connected by a vertical line. The thought bubble contains the text "What does it make you think about?". An arrow points from the person's chest towards the right side of the page.

**How does it make you feel?**

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# Describe one of your good sounds

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**What does it make you think about?**

A dashed outline of a person standing. A thought bubble is connected to the top of their head by a vertical line. The thought bubble contains the text "What does it make you think about?". An arrow points from the person's chest towards the right side of the page.

**How does it make you feel?**

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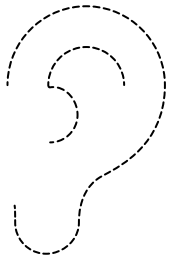
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# Describe one of your good sounds

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**What does it make you think about?**

A dashed outline of a person standing. A thought bubble is positioned above their head, connected by a vertical line with an arrowhead pointing to the bubble. The bubble contains the text "What does it make you think about?". An arrow points from the person's chest area towards the right side of the page.

**How does it make you feel?**

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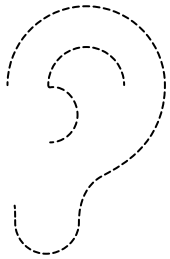
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A dashed outline of a person standing. A thought bubble is positioned above their head, connected by a vertical line. The thought bubble contains the text "What does it make you think about?". An arrow points from the person's chest towards the right side of the page.

**How does it make you feel?**

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