

Let's Go on a Sound Hunt

How To:

When taking a walk, tune into the many sounds around you! Watch and listen to this 5:33 minute narrated [Sound Hunt video](#) to preview environmental sounds in a neighborhood. From soft sounds to loud sounds, the video provides 10 to 30 seconds of each sound before introducing the next. If you like to follow a list, a Sound Hunt worksheet is available below or you can make your own. I wonder what you will hear on your walk!

O&M Skill Areas Addressed:

- Attending to environmental sounds
- Identifying environmental sounds
- Localizing sound: In front, behind, beside
- Travel on uneven surfaces and up/down curbs
- Use white cane and/or human guide technique

Make Your Own:

- Build your own scavenger hunt with sounds from around your house, neighborhood or park.
 - Record sounds using voice memos on an iPhone or iPad.
 - Record sounds on the free app Notability.
- Play sound individually or upload the sound recordings into google slides or book creator to play on a device in presentation mode.

Modification suggestions:

- Print the [Sound Hunt worksheet](#) with pictures of sounds you may hear on your walk!
- Make a list of sounds you may hear. Mark them off as you hear them on your walk.

Please note: These Web links are being offered only as informational resources.
It is not our intention to endorse or recommend the sites.

Sound Hunt (continued)

Considerations:

- How can sounds change through the seasons?
- Do these sounds change on rainy days? Cold, snowy days? Windy days?

Links and Resources:

- Sound Hunt Video: <https://tinyurl.com/SoundHuntvideo>
- Sound Hunt Worksheet: <https://tinyurl.com/SoundHuntworksheet>

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Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/recreation.html>

<https://www.focusonvisionandvisionloss.org/orientation--mobility.html>

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