

The background of the entire page is decorated with a repeating pattern of stylized musical notes. These notes are drawn with simple black outlines and are scattered across the white background, some appearing above and some below the central pink banner.

TANTRUM

Tantrum Youth Arts
Creative Resource:
**Colour Your Walk
with Sound**

Suggested age range: 12-18
Involvement from parents: None

Introduction:

Walking is one of the few activities that has been allowed throughout the COVID-19 lockdown. Thank goodness! More than just exercise, walking helps to clear our minds and improve our moods. But what if we take a creative approach to our humble daily walk to connect with family and friends who are far away?



Instructions:

- You're going to need a smart phone with a voice recorder.
- Before you set out on one of your normal walks around your neighbourhood (check with your parents first if you plan to go solo), choose a colour that best expresses how you feel right now. It could be literal or abstract. Whatever the case, don't overthink it!



- Choose an amount of time to use your phone to voice/audio record for a section of your walk. For your first try, you might like to start with 5 minutes.
- Set out on your walk. When you're ready, hit 'record' on your phone.
- Now, as you go, keep an eye out for anything that includes the same colour as the one you've chosen. Whenever you do, say it out loud. For example, if your chosen colour is green, you might be saying things like fallen leaves, window frame, moss on roof, and garbage bin.



- As you walk, you will be recording a unique soundtrack, consisting of your list of spoken words against the sounds of your neighbourhood.
- Stop recording after the chosen amount of time and enjoy the rest of your walk in silence.
- When you get home, make a list of any family members, relatives and friends who live somewhere else, who you haven't seen in some time, and you would love to go on a walk with if you could.

- Choose one, a few or all the names on your list to send the soundtrack of your walk. Suggest to them that they listen to it when they're on a walk around their own neighbourhood, transporting them for a moment to where you are in the world. You could also pass on this activity sheet so they can return the favour and send you their own unique soundtracks.



- Tantrum would also love to hear your soundtracks so please email them to info@tantrum.org.au if you like.

TANTRUM

www.tantrum.org.au
info@tantrum.org.au

supported by

Hunter
PRIMARYCARE

 **headspace**
Newcastle