

A Little Listening Journal

Take five quiet minutes to notice your surroundings, or reflect on a piece of music or a radio programme. Print another page whenever you like.

Date: _____ Place: _____

What did you choose to listen to?

Which three details did you notice?

How would you describe its rhythm, pitch or texture?

What did it remind you of, or how did it make you feel?

What will you listen for next time?

A listening activity, not a hearing test. Keep your device volume comfortable. No recording or special equipment needed.