

Sound Drawing

Creative Mindfulness Starters

At Home Guide | Related to the exhibition

Felix Gonzalez-Torres: "Untitled" (L.A.)

There are sounds around us that we often do not notice.
Listen carefully. What do you hear?

- It is easy to get distracted, so when this happens, use the sounds around you to re-focus.
- Start with the sounds you are making, like your breathing and the sounds of your movements.
- Then focus on the sounds in the room, like creaking floors, footsteps, other voices.
- Finally, focus on the sounds outside, such as an airplane or geese.
- Now, pick a sound and imagine what it would look like if you could see it.
- Draw this sound on your paper.
- To help you draw the sound, ask yourself these questions.
 - ◇ What kind of line would this sound be?
 - ◇ Would it be a bold, thick line or a thin, small line?
 - ◇ Is this sound connected to other sounds,
 - ◇ or separate from other sounds?
 - ◇ Is this a soft, round sound?
 - ◇ Is this a jagged, harsh sound?