



Getting people to feel the movement and hear the sound of nature whilst thinking about noise disturbance.



Learning experience



Topic

Fauna



20-30 min



Participants

- Engage with auditory sense in natural environment
- Re-connect with sound in nature - what belongs and what doesn't -subtilities of sound
- Understand how we move on our feet, weight transfer, toe-heel, bear-foot walking, surface sounds and textures



Suitable for  
outdoor sport instructors  
(and course participants)



Practical sessions



Outdoor F2F



Materials needed

Bean bag or non-dangerous object to act as hunters weapon (to be able to aim hit and throw over a short distance to hit a person)

More activities under [see-project.eu](https://see-project.eu)



# HUNTER & HUNTED



Getting people to feel the movement and hear the sound of nature whilst thinking about noise disturbance.



## Preparation

The most ideal setting for this activity is a forest clearing, away from man made noises, where there is autumnal debris like leaves / twigs etc. This type of terrain encourages slow movement and consideration of weight transfer whilst walking to minimise noise (thinking crunching of leaves with your hiking boots).

The main discussion point is on the change of walking mechanics from childhood (with bare feet) to adulthood (hiking boots) and how this outdoor footwear affects the mechanics of movement.

Simple starter exercise on sound differentiation...one-minute eyes closed ...how many sounds can you hear.

## Activity instruction

The group selects one member to be the hunter, this person is deprived of the sense of sight (Blindfold, eyes-closed)

The blindfolded person positions themselves in the middle of a circle made up of the other group members (Minimum 6 persons /maximum 12 persons).

The circle should be large enough that each participant can be individually identified by sound by the hunter. Approximately 2m apart and minimum of 5m from Hunter. Group size will dictate the size of the circle. The more people, the larger the circle

To begin, one circle participant approaches the allocated hunter who remains standing in the centre, (like a deer approaching on foot). The hunter must try and identify the direction of the person through the sense of sound and point or hit the participant with the soft beanbag.

Once the participant is struck, they then become the hunter and change places.



# HUNTER & HUNTED



Getting people to feel the movement and hear the sound of nature whilst thinking about noise disturbance.

## Reflection and discussion

The hunter discusses the task of identifying individual sounds and trying to focus on them, the movement of the head, interference, background noises such as wind, the surface over which is being travelled, what qualities diminish/increase the noise output.

The participants (the hunted), discuss how they moved, used tactics of distraction or diversion, where they stepped (or what on, e.g. leaves or sticks), and whether their choice of clothing had made a difference.

To end the activity, you can also have a discussion on noise disturbance on fauna and how we can minimise our impact when being in nature (especially with a group).



### Key words

#nature awareness and  
connectedness

#sensory engagement in  
nature

#noise disturbance



### Source

-



### Presented by

Steve Millar  
Sport NI