

# Creativity Prompt

---

## Cross Sensory Listening

### Description

This listening activity will spark unique imagination and creativity.

### Goal

To encourage and inspire creativity and imagination using listening skills

### Time to Complete

10-15 Minutes

### Number of Participants

You can do this by yourself, or with a group

### Materials

A way to play a music playlist: Phone, iPad, or Computer

Headphones (Optional)

Pen/Pencil & Paper (Optional – if you would like to write down your responses answers)

### Instructions

Create a playlist of five songs. They can be any songs you like, ones you know and love or new pieces. We've also created a YouTube playlist you can use for this exercise.

Using the list below, listen to approximately 30-60 seconds of each song and imagine the sense you associate with the music. There is no right or wrong answer, and what you imagine while listening to these samples may be very specific or non-specific.

1. Play the first song

COLOR

While listening to this piece of music, try to imagine a color. Which color do you see?

Example: When I'm listening to this sample, I imagine the color blue.

2. Play the second song

TEXTURE

While listening to this piece of music, try to imagine a texture. What texture do you feel? Is it sharp, soft, smooth, or something else?

Example: When I'm listening to this sample, I imagine the texture of a bouncy ball. I even imagine it bouncing up and down very quickly.

Example: When I'm listening to this music, I imagine the texture of wood. Perhaps, like a drum stick.

Continued on back

3. Play the third song  
WEATHER  
When listening to this sample, try to imagine a type of weather. What weather is occurring in this music? What type of weather do you see, hear, or feel?  
Example: When I'm listening to this music, I imagine it's cold and windy and might snow
  
4. Play the fourth song  
LANDSCAPE  
When listening to this sample, try to imagine a location and/or landscape. What does it look like? Where are you at when listening to this music?  
Example: When listening to this music I think of rolling hills and a big open sky.
  
5. Play the fifth song  
SMELL  
While listening to this piece of music, try to imagine a smell. What do you smell when hearing this music?  
Example: When listening to this music I think of the smell of my mom's Christmas cookies baking.
  
6. Play the sixth song  
TASTE  
While listening to this piece of music, try to imagine a taste. What taste do you sense when hearing this music?  
Example: When listening to this music I imagine something spicy, like a good homemade salsa.

After you've gone through the whole list, how did using your other senses change about the way you experienced the music? Were any of these surprising to you?

If you're doing this activity with a group, share with others in the group after each sense, or at the end. Are there any that are very similar? Are there any that are very different?

### **Sharing Suggestions**

Share your senses for each song in the comments on Facebook, or in a tagged Instagram story