Sound and Silence Map

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A group makes a pattern together.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Arrange moments of sound and silence as deliberate choices in a short piece.

3. What does the silence contribute?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.