SILENCE can be frightening. Do you always have music or the television on because you don't know what to do with SILENCE? Have you ever had a time when you enjoyed SILENCE? The world, however, is filled with SOUNDS. Rarely is there total SILENCE. Sit absolutely QUIET for one minute and discover what you hear.

Make a list of the sounds you heard.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Would you have noticed them if there were other voices present?
What were you thinking about during the silence?

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