

# Polyphonic diary

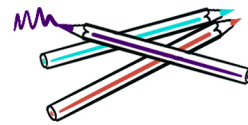
By Kerry Priest

Kerry is a poet, sound artist and dramatist  
Twitter: @kes\_priest | Instagram: @kerrypriestess  
kerrypriest.com

Did you know the human brain can actually follow several different voices at once? **Nature speaks to us polyphonically** every morning during the dawn chorus.

## Exercises

### Materials:



30-60 Mins

- Write a list of sounds that connect you to your everyday experience of parenting such as your baby crying, gurgling, funny words, the washing machine, a song or sounds of nature.
- Capture the sounds using words like buzz, shoosh, waaah and your own made up words, or visually with marks, lines or squiggles.
- Now, reflect on an important moment or experience. What sounds, voices or music were present? You might like to draw on social media, texts, news headlines, record your own thoughts or the voices of people around you.
- Gather together these sounds to create a collage, image or poem.
- You can try a simple audio looping app (such as Loopy or LoopStation) to create a soundscape with different voices and noises.

