

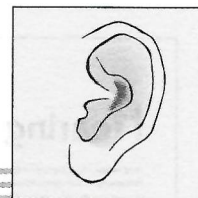
Hearing and Emotions



Your sense of hearing is powerfully related to your emotional memory. For example, what do you think of when you hear "The Star-Spangled Banner"? *Pride*? *Joy*? What about the sound of a train whistle? *Anticipation*? Listed below are common emotions. For this exercise, look at each emotion, and list sounds or things that you hear that make you feel that emotion. Be creative in thinking about sounds—use nature, music, people, animals, machines, and so forth. Share some of the memories that these sounds bring up.

1. Surprised (example: balloon popping)
2. Relaxed
3. Joyful
4. Amused
5. Awestruck
6. Fearful
7. Content
8. Gracious
9. In love
10. Proud
11. Cautious
12. Empowered
13. Peaceful
14. Inspired
15. Nervous
16. Excited
17. Hungry

Hearing and Emotions ANSWER SHEET



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|---------------|--|
| 1. Surprised | Balloon popping, car horn honking |
| 2. Relaxed | Bubbling creek, harp |
| 3. Joyful | Kids playing |
| 4. Amused | Comedian telling a joke, people laughing |
| 5. Awestruck | Waves crashing |
| 6. Fearful | Gunshots |
| 7. Content | Family discussion |
| 8. Gracious | Gospel music |
| 9. In love | Romantic songs, wedding march |
| 10. Proud | National anthem |
| 11. Cautious | Scary movie music, thunder |
| 12. Empowered | Trumpets |
| 13. Peaceful | Heartbeat, rain falling |
| 14. Inspired | Cheering, clapping |
| 15. Nervous | Airplane engines, wolves howling |
| 16. Excited | Starting gun |
| 17. Hungry | Food sizzling, popcorn popping |

FACILITATOR: The sense of hearing is important in memory. Years after an experience, hearing a certain sound can immediately bring up memories of the event. For example, take the roar of a crowd at a ballgame or the sound of kids in the schoolyard. As people age, hearing is an especially important component of healthy memory. If a person is experiencing hearing loss, he or she may have difficulty remembering things that are important. Therefore, if someone is experiencing memory problems, his or her hearing should be checked and, if needed, the person should be fitted for a hearing aid to ensure that his or her change in memory is not due to an inability to hear well.

In this exercise, participants recall a sound that reminds them of a certain emotion. Encourage participants to be creative with their responses, and remind them that there are no right or wrong answers. For additional discussion, ask participants to name their favorite sounds, funny sounds, sounds that are annoying, sounds according to the seasons, or sounds that animals make. Some sounds that you can use for discussion are listed above.