

Found Objects

What you need:

- 1 A meaningful object (see step 1 for more details).



- 2 A way of making sound or a noise maker. This could be an instrument, your voice or anything from around your home; buckets, pots, pans, cutlery, desks, stationary would all work.



- 3 A piece of paper and a pen or pencil.



- 4 Optional: A device for recording, a phone/tablet or anything that can record audio.



Step 1: Funding

Find an object that means something to you.

How does an object “mean something”?

- ★ It could be something that you use often.
- ★ It could be something that you enjoy looking at or holding.
- ★ It could be something that was given to you by someone important.
- ★ It could remind you of an important time or event in your life.

Choose any object that you like. There are no right or wrong choices and you can always try this process again with different objects.



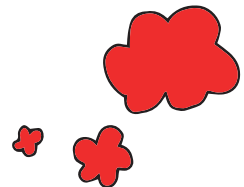
Step 2: Describing

Think about the physical aspects of the object. Is it big or small? Is it soft or hard? What about the colours? What is it made from?

Now think beyond the physical. Is there a story attached to the object? Does the object bring up any memories for you? How do you feel when you look at it or hold it?

As you think about the object, you could write some words or thoughts down or say them out loud to reaffirm them.

Sometimes these are objects that we see or use everyday that we hardly think about but which are really important to us. Thinking about these objects in detail can change the way we see them and bring up emotions or thoughts that we did not know we had. These emotions, thoughts, and perspectives can be interesting starting points for thinking about sound and making music.

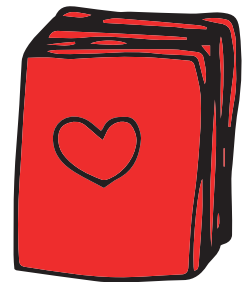
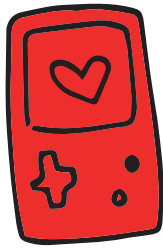
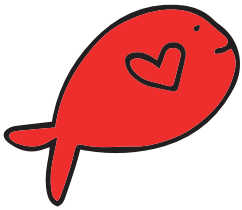


Step 3: Journey

Keep your object close to you. Think about or look back over some of the words you used to describe your object. Could any of the words represent a sound or type of music?

For example, a soft object that reminds you of someone you love might inspire some gentle and peaceful sounds or music. While a rough object that reminds you of a difficult time in your life might inspire something quite different.

One object could inspire many different types of sounds or music.



Hold some of these thoughts in your mind as you start the Music Making Journey and use your instrument or voice to **experiment with your sound.**



How the Come and Create band created music inspired by objects

The Object:

In the Come and Create band, we made music using different objects that everyone brought to the session. One band member brought a pair of ballet shoes. They spoke about how the shoes were important to them because they had

struggled with balance as a child and ballet had helped them with this. They said the shoes were 'floppy and manky' and don't even fit any more but they represented something important.

The Music:

The band member said, 'I lost my balance so it was kind of wobbly and a bit unstable' so the piece we made started off with 'slight discord' and uneven rhythm. The music then developed to have a more regular beat. This was to show how the

shoes helped the band member to find their balance and was 'regular, timed and sounded good together.' The band also suggested detuning instruments to musically express something old and worn.

This shows how one object can have several ideas or different sounds that can represent it. It also means you can come back to the object at a later time to experiment with other ideas.