

SOCI 420

Assignment Two: Asset Map and Intervention Schedule

Due: February 22, 2020

Group 6:

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## Phase 2: Asset Map and Intervention Schedule

### **Soundscape Workshop**

Date: Monday, March 9, 2020 10:00am to 12:00pm at Museum of Anthropology (MOA), UBC

#### **Activity Description**

Participants will meet at the MOA entrance and complete the Pre-Survey. We will walk down the steps to the west beach below MOA. At the beach, participants will be engaged in several groups and individual mindful exercises focusing on the sounds of nature around them. There will be a brief reflection and discussion of their experience after the activity. A Post Survey will be completed before returning to the MOA.

#### **Purpose of the workshop:**

At the end of this workshop participants will be able to

1. Notice a difference in mood/feeling as a result of their experience in nature.
2. Determine if sounds help people relax.
3. Experience some mindfulness skills (Box breathing and sound mapping) to take home.
4. Share the newly learned mindfulness exercises with others.

## **Asset Map**

<https://www.google.com/maps/d/u/0/edit?mid=1ZurwYLpzwzC5Zdq1B5GmlATPg-tidcLw&ll=49.268260171010525%2C-123.2458222293871&z=14>

### **2A: Asset Inventory:**

**Samples of locations (See attached map for more locations)**

#### **Location: Tower Beach - behind the Museum of Anthropology (MOA)**

- Description: 6393 NW Marine Dr, Vancouver, BC V6T 1Z2, Canada
- Open: all day and night
- Soundscape: waves, birds, wind in trees, footsteps on sand/pebbles, boats, planes
- The scale of usefulness for the workshop (10 best): 7 at bottom of stairs, 10 a few hundred metres away from stairs

#### **Location: UBC Farm**

- Description: 3461 Ross Drive, Vancouver
- Open: 9am to 5pm
- Soundscape: birds, construction, traffic, wind in trees
- The scale of usefulness for the workshop (10 best): 6

#### **Location: Pacific Spirit Park entrance – Long Trail**

- Description: Access behind MT Innovations building
- Open: all day and night
- Soundscape: birds, construction, wind in trees

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- The scale of usefulness for the workshop (10 best): 4 at the entrance, 9 a few hundred metres in

### **Location: Pacific Spirit Park entrance – Aims Trail**

- Description: South end of Binning Road
- Open: all day and night
- Soundscape: birds, construction, wind in trees
- The scale of usefulness for the workshop (10 best): 4 at the entrance, 9 a few hundred metres in

### **Location: Smith Park**

- Description: 3487 Binning Road
- Open: all day and night
- Soundscape: birds, construction, traffic, wind in trees, water flowing
- The scale of usefulness for the workshop (10 best): 3

### **Location: UBC Rose Garden**

- Description: 6301 Crescent Rd
- Open: All day and night
- Soundscape: birds, people talking, traffic, wind in trees
- The scale of usefulness in the workshop (10 best): 4

## **2B: Intervention Description**

<b>SOUNDSCAPE WORKSHOP</b>	<b>Recruitment</b>	<b>Workshop</b>	<b>Data Collection</b>
	To: Adult UBC students	Where: Wreck Beach at MOA	Pre-Survey and Post-Survey
	Post to: Wellness Center / SEEDS websites & social media	Instruments needed: Clipboards, pencils	On Paper: Instruments needed: Clipboards, pencils Or online
	Poster: around campus & on social media	Time: 10:00AM - 12:00PM	Pictures of the sound maps drawn by participants
<b>Target Date</b>	<b>24 February 2020</b>	<b>9 March 2020</b>	<b>13 March 2020</b>

### Program Timetable

(10:00 -10:10) - Welcome, registration confirmation, pre-survey completed, bathroom at top of stairs, activity purpose, time frame.

(10:10 - 10:20) - Walk to beach

(10:20 - 10:30) - Introductions

(10:30 – 10:45) – Mindful breathing exercise

(10:45 – 11:25) - Sound Map exercise

(11:25 – 11:35) – Guided sharing of experience

(11:35 – 11:45) – Photos of Sound Maps, Post survey completion

(11:45 – 12:00) – Wrap up and questions, comments, guide back up to MOA

## Detailed Activity Description

### **(Ashley) Welcome**

When participants arrive, their names will be checked from the registration list. Those not on the list will need to be added (email addresses). Pre-surveys will be distributed to be filled in as people wait. Once all surveys are completed, the group will be greeted.

Purpose of the Soundscape Workshop (See above)

1. Time frame – finishing at 12:00pm
2. Bathroom at top of stairs
3. Stairs to the beach where we will meet
4. Questions

### **(Chris) Box Breathing Exercise**

This exercise will help with relaxation. It comes from yoga and is called Pranayama.

We begin by breathing in slowly through our nose a full breath. We exhale slowly and fully through our mouth. If you want, you can even make a sound as you breathe gently out. Try this a few more times – in through the nose and out through the mouth. Let's focus for a few minutes on relaxing our breathing.

Now we are going to breathe in through the nose for the count of four, hold our breath for the count of four, breath out through the mouth for the count of four, hold this for four and then repeat: breathe in for four, hold for four, out for four, hold for four. We will repeat this ten times.

How do people feel after this? More relaxed? More focused on where we are right now?

### **(Tanner) Sound Map Exercise**

Much like trying to find the right radio station in the car we are going to do a similar exercise in trying to tune into what the stations around us are playing. ***Who can identify some sounds?***

There are many things that we hear because we choose. In a moment we are going to give you a chance to listen to these sounds. ***Hand out clipboards – pens?***

Each of you will have a card to record what you hear. Begin by **marking a circle** in the middle.

This is your place. In a moment you will be taking a few minutes to walk to your listening post.

**For ten minutes** from this one place, listen and **use a symbol** of your choice and place it in your context on the card. For example, you could use a musical note for birdsong. A simple mark rather than a complex picture. If the sound is close, mark it close to the centre circle. If it is far, then mark it towards the edge. The focus should be **on listening rather than drawing**.

You can **cup your hands** around your ears to enhance your hearing. You can also cup your hands to hear what is behind you. You can close your eyes so as not to be distracted by sight.

This may be a good way to begin the exercise.

Individually walk in different directions to a place by yourself, thirty metres from the next person. Please respect other people's efforts at being silent and support their concentration on listening. You will have 10 minutes for this exercise. We will ring a bell when it is time to return.

We will then discuss what you experienced. ***Questions?***

### **(Amrit) Guided Discussion Questions**

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- What sounds were the most familiar to you?
- Were there sounds you could not identify?
- What sounds made you relax more? Get tense?
- Natural – what are they saying to us?
- Man-made – eagerness to identify?
- Near or far
- Seen or not seen
- Identifiable or unknown
- The vibe within one's self? Vibe Check
- What would you wish to have seen?
- Type of sound – shrill, low, what can't we hear
- Hearing challenges (age, trees, softness, hardness)
- Connection with nature with concentration
- Language – nature's language, our language (=history)
- What feelings do you match different natural colours to?
- Box breathing primer – how did you feel after this exercise?

### **(Faith) Post Discussion Survey and Wrap up**

- Please fill in our Post survey and hand it into us.
- Sounds are an important element of our mindfulness journey.
- Using the Box breathing exercise to relax and tune into where you are.
- Being outside and being attentive to all the messages being sent and heard.



- Thanks for your participation. We anticipate that you will remember to breathe on your way up the stairs.

## **Pre-Survey**

Surveys will be anonymous with an identifier so that pre and post surveys can be compared.

The Pre-survey will be given to participants to fill in on paper as they arrive at the meeting spot.

The purpose of the pre-survey is to identify our participant's initial states in terms of mental wellbeing. Additionally, we also hope to gauge whether or not this nature prescription will be effective for each individual. During our initial research, we found that mechanisms such as one's appreciation of nature and overall time spent in nature can affect the effectiveness of each prescription, thus our survey aims to account for some of these mechanisms.

[https://ubc.ca1.qualtrics.com/jfe/form/SV\\_eJ4krj41jl26RuZ](https://ubc.ca1.qualtrics.com/jfe/form/SV_eJ4krj41jl26RuZ)

## **Post-Survey**

The Post-survey will be given to participants on paper to fill in when they finish the workshop.

Our post-survey aims to see if our workshop helped to promote mental/emotional well-being.

Moreover, we hope to find out whether the participants would incorporate it into their self-care routines, or something they would recommend to other students.

[https://ubc.ca1.qualtrics.com/jfe/form/SV\\_0pUhFKNBvSGclMN](https://ubc.ca1.qualtrics.com/jfe/form/SV_0pUhFKNBvSGclMN)

Survey results will be collated and made available to the Wellness centre as part of the final report.

## **Recruitment**

Once registered by emailing (soundscape6@outlook.com), participants will receive the workshop primary information which will outline meeting date, time and place. Participants are asked to bring clothing appropriate for the weather. They will be asked to fill in surveys at the beginning and end of the workshop.

Recruitment will be aimed towards adult UBC students who have the ability to walk up and downstairs.

1. Wellness Centre
2. SEEDS
3. Social Media
4. Posters (see attached) to be posted around campus.

### **Reconnect with Nature in This Student-Led Research Project**

Principal Investigator: Chris Ladner

Contact details:

soundscape6@outlook.com

(778) 683-7143

**By participating in this workshop, you will:**

- Have the opportunity to experience a nature prescription, designed by a team of UBC undergraduate students
- Be helping to refine nature-based workshops for the UBC Wellness Centre to run in the future
- Help UBC undergraduates better understand how nature affects the human well being

**Participating in the workshop will require:**

- Attendance at a one-hour outdoors workshops
- Involvement in a one-hour focus group or interview
- Completion of a ten-minute survey before and after the workshop



EXPERIENCE

# SOUNDSCAPE

Wellness Workshop  
Sound Maps on the Beach

**Monday**  
**March 9, 10:00am-12:00pm**  
**Meet up at MOA**

Our workshop is designed to reduce stress and anxiety, to improve mood, and promote relaxation. Spending time in nature is a great way to promote mental well-being. So come join us at the beach by MOA!

\*Will include a pre and post workshop survey

For more Info contact us at:

[soundscape6@outlook.com](mailto:soundscape6@outlook.com) 

778 683-7143 

UBC SEEDS & WELLNESS CENTRE 

## **Evaluation Plan**

After the activity, the Pre-Survey and Post survey results will be analyzed and summarized. The results of the workshop will be evaluated for the degree that the Purpose outcomes were achieved. This report will be summarized in Phase 4.

## **References:**

Sound Map retrieved from <https://www.sharingnature.com/sound-map.html>