



## What The Ocean Said | Learning Notes Sydney Opera House



### Overview

What The Ocean Said is a live experience for young students. They are invited to relax into a sea of pillows amidst a magical space of calm. This is a world of dreamy electronic music, animation, and wonder. See through the eyes of a humpback whale diving deep into the water, and expand into the reaches of the ocean itself. With mindfulness techniques wrapped up in a storytime adventure, we'll introduce younger children to meditation, and offer bigger kids a whole new perspective.

### What to expect during the performance

- Single performer guiding audiences across a narrative story and meditation, often sitting with or near the group
- Soft, low-lit lighting, with projected images on large silk fabric, moments of no lighting except for image projected on fabric
- Gentle and nature-like soundscape matching projected images of clouds, underwater and landscape scenery
- Floor carpet and soft cushions to lie down amongst with peers
- Small drawing activity during or following the performance
- Opportunity for participants to close eyes, lie down, imagine and visualise scenes, pay attention to breathing



*Artwork projection by Blak Douglas on the Sydney Opera House Sails for World Oceans Day 2021*

### **Conversation starters and activities**

- Imagine your favourite place.
  - What does it look like?
  - What does it sound like?
  - Who or what lives there?
  - What does it smell or taste like?
  - Who is with you?
  - What are you doing when you are there?
- Create a word list with some adjectives and verbs that help you describe and explain this special place.
- From here you might like to create a drawing, postcard, sculpture or poem that you can share with a friend or someone close to you.



### Further learning and resources

The Sydney Opera House has built an Artificial Reef in Sydney Harbour to increase biodiversity and promote marine life living and building new ecosystems in the water. You can learn more via:

- Onsite Workshops for K-2: Stories from the Reef Creative Learning Workshop Module <https://www.sydneyoperahouse.com/events/whats-on/schools/2022/creative-learning/stories-from-the-reef.html>
- The Artificial Reef Project and learning resources <https://www.sydneyoperahouse.com/learn/schools/resources/artificial-reef-project.html>
- Video Resources: with the Sydney Opera House's Sustainability Manager and scientists from the University of Technology Sydney <https://www.youtube.com/watch?v=DARSP9Fwz8>

Learn more about the Sydney Opera House's commitment to the United Nations Sustainable Development Goals, in particular Goal14: Life Under Water here

<https://www.sydneyoperahouse.com/our-story/global-goals.html>