

The Sound of the Beginning

A grounding activity in phonemic awareness

Purpose

To explore that every letter begins with a sound.

Project Overview

Every letter begins with a sound—and every sound begins with awareness. This activity helps learners attune to the sounds around and within them, laying the foundation for symbolic learning.

This activity invites learners to:

- Pause and listen to everyday sounds (inside and outside)
- Explore how sounds become feelings, symbols, and letters
- Match common sounds to birds from *The Alphabet System™*
- Express a “sound that changed me” through art, story, or movement

Project Outcomes:

An illustrated sound journal entry, bird-symbol collage, or mini book titled “*Sounds I Knew Before Words*.”

Optional prompt:

“What was the first sound I remember? What sound do I carry?”