

## **Environmental Justice: Rooting for Change**

### **Noise Pollution**

#### **Objectives**

SWBAT describe the causes of noise pollution

SWBAT describe the effects of noise pollution

#### **Background information**

There are many negative health effects of noise pollution. Sounds from cars and other urban noises can activate the “fight or flight” response of our nervous systems, pumping our bodies full of stress hormones that increase our blood pressure, accelerate our heart rates, and weaken our vascular and digestive systems over time. Noisy environments can also affect our sleep, leading to more health issues. Noise pollution may be understudied and underestimated, but the toll that noise takes on our health cannot be ignored.

#### **Materials**

Metal beads, twine, clay, glaze, dowel rod

#### **Procedures**

- 1.) Discuss noise pollution. What are some noises you hear that might affect your state of mind? What noises feel alarming? Calming?
- 2.) Create windchimes as a calming noise atmosphere using clay, beads, metal pieces, etc.



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