

Mindful Listening Challenge!

Did you know...?

There are many sounds around us all the time. But often, we don't pay attention to them!

Mindful listening means opening your ears up to all the sounds around you - things you can hear that are far away, and things you can hear nearby, too.

It means:

- Slowing down to listen
- Paying close attention to what you can hear, and even
- Noticing sounds that you've never noticed before.



Sometimes, mindful listening is easier if you close your eyes and sit very still.

What's That Sound?

Try it out!

How would you describe Mindful Listening in your own words?

Stop and close your eyes. Take a deep breath and practice Mindful Listening.
What are some things that you can hear?

What did it feel like in your mind and body when you were practicing Mindful Listening?

What do you think some benefits of Mindful Listening might be?

Design Your Own Challenge!

Now that you know what Mindful Listening is, your challenge is to explain it to other students.

It's your turn to...

Design a Mindful Listening Game!	
You will need:	
A description of Mindful Listening. <i>What is it? Why does it matter?</i>	
Instructions for how to practice Mindful Listening. <i>How do you do it? Can you give some examples?</i>	
A challenge for players to practice Mindful Listening. <i>What should they do? What steps are involved?</i>	
Share your game with your fellow students!	