Mindful Listening

Recommended for Grades:

6-12th grade

Practice Description: In this exercise we will practice paying attention to sounds, which are everywhere and constantly changing. Sounds provide an alternative for those who do not find paying attention to the breath comfortable or easy

Transcript:

Welcome to the mindful listening exercise.

In this practice, we are going to train our minds to pay attention to sounds. This exercise can be done anywhere and you can use this practice as a way to calm down in the midst of commotion.

Let's start by getting into a mindful position with both feet on the floor, and a long, strong back so that your body supports your intention to be awake and aware. Allow your hands to rest in your lap.

- *Pause 5 seconds*

Try softening your eyes and turning your gaze down toward your knees or to the images on the screen. If you feel comfortable, you may choose to close your eyes.

- *Pause for 2 seconds*

When the chime rings, try to listen to the very first sound until you can't hear it anymore.

And then listen to any and all sounds inside the room … outside the room … and even inside your body until you hear the chime ring again.

- *Chime sound*
- *Pause for 20 seconds*

Your mind may wander and if that happens, gently return your attention to the sounds around you.

- *Pause for 20 seconds*
- *Chime sound*

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Take a moment to reflect on the sounds you noticed. When you are ready, open your eyes and bring your focus back to the room around you.

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