

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

TO BE MINDFUL OF THE SOUNDS IN THE ENVIRONMENT

EXERCISE NAME:

SOUND WALK

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO ENGAGE IN A 'SOUND WALK' THROUGH WHICH THEY WILL USE THE SENSE OF HEARING TO EXPLORE AND IDENTIFY SOUNDS IN THE ENVIRONMENT. CHILDREN WILL SPEND QUIET TIME OUTDOORS DURING WHICH THEY WILL BE ENCOURAGED TO NOTICE SOUNDS AROUND THEM.

METHODOLOGY:

- CHILDREN WILL WORK IN THE SCHOOL GROUNDS AND WALK TOWARDS THE OUTDOOR CLASSROOM
- CHILDREN WILL STOP AT DIFFERENT TIMES, TEACHER WILL RING A BELL WHICH WILL SIGNAL QUIET TIME
- CHILDREN WILL SPEND A MINDFUL MINUTE LISTENING TO THE VARIOUS SOUNDS AROUND THEM, AS THEIR TEACHER READS THE SOUND WALK SCRIPT
- TEACHER WILL THEN LEAD THE CLASS TO A DIFFERENT AREA IN THE SCHOOL AND REPEAT THE EXERCISE
- THE SOUND WALK WILL FINISH AT THE OUTDOOR CLASSROOM WHERE THE REFLECTION QUESTIONS WILL BE DISCUSSED.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHAT SOUNDS DID YOU HEAR ON THE SOUND WALK?"
"WHAT SOUNDS DID YOU HEAR THAT YOU WOULDN'T USUALLY NOTICE?"

REFERENCES:

LESSON #:

5

LESSON RESOURCES

Outdoor Classroom



Bell



Sound Walk Script

Sound Walk Script

"When I ring the bell, I would like everyone to stand still, with their feet flat on the ground and their hands by their sides. You can close your eyes if you would like to."



"Focus on your breathing. Breathe in, breathe out. Breathe in, breathe out. Now I would like you to focus on your sense of hearing. Listen to the sounds around you. Can you hear things far away? Can you hear things near by? Can you hear loud sounds? Soft sounds? Now, I would like you to focus on your breathe again, breathing in, and out, in and out. When you are ready, you can open your eyes and get ready to continue on our sound walk."

