

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFUL LISTENING

EXERCISE NAME:

LISTENING TO SOUNDS MEDITATION

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EXPLANATION:

THIS ACTIVITY INVITES CHILDREN TO BE CALM IN TIMES OF STRESS BY USING A BODY AND BREATH MEDITATION FOR HEARING EXTERNAL SOUNDS.

METHODOLOGY

- ASK THE CHILDREN TO SIT UP STRAIGHT ON THEIR CHAIR AND CLOSE THEIR EYES
- ASK THE CHILDREN TO NOTICE THEIR FEELINGS, BREATHING SLOW AND DEEPLY IN AND OUT. THIS SHOULD BE DONE FOR ABOUT 2 MINUTES.
- THEN, WHILE STILL SITTING, ASK THE CHILDREN TO FOCUS ON THE SOUNDS AROUND THEM - 'ARE THE SOUNDS CLOSE TO YOU?, FAR AWAY FROM YOU?' 'WHAT KIND OF SOUNDS ARE THEY? HIGH OR LOW SOUNDS?' 'DO YOU KNOW WHAT IS MAKING THE SOUND?' 'ARE YOU LISTENING TO A SOUND THAT YOU LIKE?' 'ARE THE SOUNDS CHANGING OR STAYING THE SAME?'
- ASK THE CHILDREN TO CALMLY OPEN THEIR EYES AND STRETCH THEIR BODIES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU HEAR? DID YOU HEAR THE SAME SOUND ALOT? WHAT SOUNDS DID YOU LIKE/DISLIKE?