

## Mindful Listening

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

**Age Group:** K4- 8 Grade

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### Voiceover Script

Welcome to the Mindful Listening exercise.

In this exercise, you will train your mind to pay attention to sounds. This exercise can be done anywhere because there are sounds all around us.

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 you in being comfortable and aware.

Allow your hands to rest in your lap. Try softening your eyes and look down toward the knees or to the images on the screen. If you feel comfortable, you may close your eyes.

- *Pause for 3 seconds*

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

And then listen for any and all sounds inside the room ... outside the room ... and even inside your own body.

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

Think about the sounds you noticed.

When you are ready, you may open your eyes and bring your focus back to the room around you.