

# mindful LISTENING

Make a list of sounds you heard in the classroom while doing mindful listening.

- |         |         |
|---------|---------|
| ① _____ | ⑦ _____ |
| ② _____ | ⑧ _____ |
| ③ _____ | ⑨ _____ |
| ④ _____ | ⑩ _____ |
| ⑤ _____ | ⑪ _____ |
| ⑥ _____ | ⑫ _____ |

## MINDFUL LISTENING Challenge:

Choose a place in your neighborhood, home, or school to sit quietly and listen for sounds you don't normally notice.

