

# mindful LISTENING

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

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_
- ⑦ \_\_\_\_\_
- ⑧ \_\_\_\_\_
- ⑨ \_\_\_\_\_
- ⑩ \_\_\_\_\_
- ⑪ \_\_\_\_\_
- 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.

