

## LESSON 2 - MINDFULNESS OF SOUND

<b>Timing</b>	This lesson is designed for a 15-20 minute framework. You may choose to repeat this lesson multiple times to support learning.
<b>Materials</b>	<ul style="list-style-type: none"><li>• Optional: The Five Senses Song video: <a href="https://youtu.be/vXXiyIGqliE">https://youtu.be/vXXiyIGqliE</a></li><li>• Chime (if you don't have a physical chime, download a chime app or use the following YouTube video: <a href="https://safeshare.tv/x/ss59417532d9e57">https://safeshare.tv/x/ss59417532d9e57</a>)</li></ul>
<b>Outcome</b>	From this lesson on, students will be able to focus attention, or be mindful, using the senses of hearing and listening with curiosity.
<b>Sequence</b>	This is the second lesson in the Mindfulness series. This lesson then leads into Lesson 3: Mindfulness of Smell, where students learn to focus attention on the sense of smell.

Notes:

### Lesson Summary for Teachers

This lesson is the second of five introductory lessons within the Mindfulness Pillar intended to expose students to Mindfulness of the Senses. These lessons have been included prior to the introduction of Mindful Posture, Finding the Breath, Words to Support Concentration, Noticing Distractions and the Mindful Breathing Core Tool to provide students with a concrete foundation of what it means to be mindful, or notice and pay attention to things in the present moment, that they can easily relate to through the five senses. Giving students the opportunity to focus on each of the five senses lays a foundation for mindfulness that will be further developed in the remaining lessons of this pillar. Throughout the pillar, the concept of mindfulness will be defined as being present and paying attention to the here and now. Keeping this meaning in mind during will help guide students to an accurate understanding.

The main idea behind this lesson is that we can use our mindfulness to become aware of sounds in our environment. Learning to attune our attention to the sounds that are the most important in any given moment is a life skill that children need to develop from the moment they are asked to pay attention. Distinguishing important from less important sounds will build self-awareness and self-regulation skills. There are many different ways to define mindfulness. One way to look at it is that we are cultivating the skill of shifting or redirecting our attention to what we want to focus on. Sound is a great sensory experience to build this skill. The mindful listening skill will be cultivated regularly at the beginning of mindful breathing once it is taught through the use of a chime or vibratone. The use of the chime or vibratone is very purposeful, as it will set the tone of each mindful breathing practice. The tool we choose is also purposeful, in that we ensure that it is free of religious symbolism and serves a very specific function - to allow students to focus their attention on the sound of the chime as the sound gets quieter and quieter over time.



If you already use a chime for a different purpose (classroom management, for example), then a vibratone is recommended. You can also find sounds of chimes, bells, or vibratones online and use them as well, as long as they are consistent for each lesson. The tool you choose to use with mindfulness is only used as a signal to start mindfulness practice (rather than for other classroom routines), so that students associate it with something specific. The bell/chime/tone should not be used for many different purposes, which can cause confusion. Teachers may want to encourage students to be respectful of how they all may hear things a bit differently and how their movements will be different from each other. The focus for students should be on themselves, what they hear and how it makes them want to move. Differences should be respected and accepted.

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### Outcome Overview

**Students will know:**

- Being mindful of something means putting your attention on it in the moment.
- When we are mindful, we notice something just as it is, without judgement.
- We can be mindful of anything that we can hear.

**Students will be able to (skills):**

- From this lesson on, students will be able to focus attention, or be mindful, using the sense of hearing.
- Listen to sound with curiosity.

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### Lesson for Students

*We have five senses that help us understand the world around us. Here's a song to teach or remind us of what our five senses are and what they do.*

**Show video:** <https://safeshare.tv/x/ss5b4faf247d8ce> (The Five Senses by Kibuoomu Kids Songs). An alternative to showing the video is to teach or review the five senses in a way that best meets the needs of your students.

*Today we are going to explore our sense of hearing. We use our ears to hear..*

*Everyone gently touch your ears.*

*Quietly notice how your ears feel to remind us of our sense of touch. **Model this for students.***

*Now place your hands back in your laps. We were just being mindful of our ears by taking a still and quiet moment to notice them and how they feel right now at this moment.*

*Our ears help us hear things in the world around us. We can see and touch the outside of our ears. At the same time, special things are going on inside of our ears and our brains, where we can't see, that allow us to hear.*

*Today we are going to play a game using our sense of hearing. I have a special chime that we will be using in our game today. Once this chime starts, it will continue making a sound.*

*Now play this game, I am going to play my chime and you are going to silently move your body in a way that matches the sound the chime makes. You will keep moving until you no longer hear the chime making any sound. Your movement may change as the sound changes for you. We have to promise to be totally quiet, so that all of us can really focus on listening. I'll show you.*

**Play the chime and model slow and mindful movements until the chime stops. It is important to note that if you are using the chime provided in the link above, it will play repeatedly for several minutes, so you may stop it when you think it's appropriate.**

*Now you try! **Play chime and allow students to move. You may wish to repeat the game again if time allows and students are able to stay engaged.***

*While you were moving, I noticed that your movements changed, which shows that you were really being mindful of what you heard in each moment. You noticed the changes in the sound and your body matched those changes. Awesome work being mindful of sound today!*

### Reflection & Assessment

- *Tell how your movements matched the sounds you heard.*
- *Do you think it would have been easier or harder to hear the sounds change if you were still and quiet instead of moving? Why?*

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### Weekly Practice

*We are using our ears to hear things all of the time! Once a day, let's try to be mindful of our sense of hearing by taking a moment to listen to something, pay attention to it and notice how it sounds. Maybe it's something on the playground or in your home. I look forward to hearing what you listened to during our next mindfulness lesson.*

### Diving Deeper

- Read the book The Listening Walk (<https://safeshare.tv/x/ss5b4fb0200878b>) by Paul Showers and then take students on a Listening Walk. Let them share what they heard on their walk and praise them for being mindful of their listening. Point out how when we plan to listen on purpose, we can hear many more sounds.
- This video (<https://safeshare.tv/x/ss5b4fbc7e2884f>) has a wide variety of sounds that are familiar to young children separated into categories of transportation, animal sounds, human body sounds, and sounds around the home. Use this video to play a game that allows students to hear sounds and try to identify what they are.