



MindUP Booster Lesson

Lesson B: Mindful Listening

Grades TK – 1

Length of Lesson: 20 – 30 minutes

Objective of Lesson B: Students cultivate focused and present-moment awareness by becoming aware of the thoughts and working with distractions.

Summary of Unit 2 – Lessons delivered by teacher

Objective of Unit 2: Through mindful observation of the senses, students sharpen their attention and use sensory experiences to enhance memory, problem solving, relationships, creativity and physical performance.

- Lesson 4 – Students practice focused listening through an auditory awareness activity.
- Lesson 6 – Students use sense of smell to help focus their attention and gain access to key memories and feelings.

Lesson Overview

1. Defining Mindful Listening: 3 – 5 min.
2. Bear Breaths: 3 – 5 min.
3. Antler Ears: 3 min.
4. Guess that Sound: 7 – 10 min.
5. Wrap Up – 2 min.

Lesson Materials and Preparation

Materials:

- Little Renegades cards: Bear Breaths & Antler Ears
 - Option 1: Ask the teacher to borrow cards
 - Option 2: Use the cards provided in supply bin
- Set of Mystery Containers – 2 (you have two sets in case you need a co-docent or teacher to help you walk around the room with the same container for all students to hear)
- List of items in Mystery Containers
- Chime – 1

Preparation: Determine sitting location for each activity – on carpet or at desk.

For Parent Review: Facts from MindUP lesson 4

- **Mindful activities help** train the prefrontal cortex to pay attention, absorb details and think clearly.
- **Having a calm state of mind can** increase our ability to focus and complete tasks because our brain is ready to learn and allows us to have a calm and mindful response.
- **Mindful Listening helps us** choose which sounds to focus our attention on and be thoughtful in the way we hear and respond to the words of others.
- **Mindful Listening can assist** with following directions, building friendships and listening well.



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DEFINING MINDFUL LISTENING (3 – 5 min.)

Hello everyone, my name is _____ and today is our second MindUP booster lesson for this year! Let's start the lesson by reviewing what it means to be mindful. **Does anyone have ideas of how we can be mindful or what mindfulness means?**

Yes, you all have a good memory - those are good answers and some great ideas on mindful behavior.

Mindfulness is about exploring and knowing what is happening inside and around you. Mindfulness helps us by training our attention to what is happening right now. These skills are helpful for us at school, with friends, and managing our feelings.

There are many ways to practice being mindful. Last time we focused on awareness and breathing. Today we are going to practice being mindful of sound and work on our mindful listening muscles. **Does anyone have an idea when it is important to have good listening ears on?** Great answers! Yes, practicing mindful listening can help us follow directions, develop our memory and help us focus when there are distractions.

BEAR BREATHS (3 – 5 min.)

ACTIVITY OBJECTIVE: Students practice intentional breathing to practice letting go of distracting thoughts and being present in the moment.

PREPARATION: Determine if you want the students sitting on the carpet or at their desks.

Before we start mindful listening, let's anchor ourselves in our breath. Sit comfortably with your backs straight. **We are going to pretend we are bears as we take our breaths.** Please place your **hands on your belly.** **Take a big breath in through your nose and when you exhale, growl and let your big bear belly out.** Great! Let's do that again. **This time as you breathe in, I want you to focus on your belly rising and falling under your hands.** Take a big breath in through your nose and when you exhale, growl and let your big bear belly out. Let's do that one last time – this time if you have any distracting thoughts, I want you to let out when you exhale. Take a big breath in through your nose and when you exhale, growl and let your big bear belly out.

Who can share with me:

- What does it feel like when you breathe in? Breathe out?
- Did it help to make a growling noise when we exhaled? Why?
- Anyone have any thoughts when they were breathing?

When we focus on intentional breathing it helps us keep our minds on the present moment and handle any frustrating feelings or problems in a calm way. Focusing on our breathing can help us be more accepting of letting feelings and distractions come and go.



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ANTLER EARS (3 min.)

ACTIVITY OBJECTIVE: Students prepare themselves for an auditory awareness activity.

PREPARATION:

- Chime
- Determine if you want the students sitting on the carpet or at their desks.

Now that we have calmed down our bodies with a breathing exercise it is time to turn on our listening ears. **We will do this by pretending we have huge antler ears that can hear anything.** Go ahead and snap on your antler ears! **Take a deep breathe in and breath out** while you tune into what your antler ears can hear.

There are a lot of things that we can learn to be mindful of. Today we are going to practice being mindful of sound. Let's warm up by practicing with this chime. Test out your antler ears and try to pay attention when I ring the chime until the sound is gone. Raise your hand when the sound is gone.

Ring Chime

You are great at this! Let's do it once more with our eyes closed. Let your eyes close or look gently at the floor/desk. Listen to the entire sound and raise your hand when you can't hear it anymore.

Ring Chime

Excellent! I think we are ready for the final activity.



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GUESS THAT SOUND (7 – 10 min.)

ACTIVITY OBJECTIVE: Students practice focused listening through an auditory awareness activity.

PREPARATION:

- Set of Mystery Containers – 2 (you have two sets in case you need a co-docent or teacher to walk around the room with the same container for all students to hear).
- List of items in Mystery Containers
- Determine if you will ask a co-docent or teacher to walk around the room with the same container for all students to hear.
- Determine if you want the students sitting on the carpet or at their desks.

For the last activity today, we will play a mindful listening game called, “Guess that sound”. I have a set of mystery containers with me today that have different items inside. **The goal today is to use our antler ears to focus on the sounds these mystery containers make and see if we can guess what is inside.**

For everyone to be able to hear the sounds, **we need to be very quiet and still.** Let’s close our eyes or gaze gently at the floor/desk. I will shake one mystery container at a time. **In the beginning, I want everyone to listen carefully and once you think you know what is inside, silently raise your hand.** At the end I will call on a few helpers to guess what is inside.

Shake container #1 for about 30 seconds while encouraging students to remain silent (If using a teacher or co-docent, have them shake the same container as they walk around the room).

I will call on 2 – 3 students to help me guess what is inside. *Call on 1 – 2 students to guess.* Great guesses! The item in the container was _____. **Repeat this for all containers.**

WRAP UP (2 min.)

Now that we are all done, let’s wrap up the activity.

Who can share with me:

- Were you surprised by any of the sounds?
- What was it like to hear the different sounds with your eyes closed?
- What did you notice during the activity (in your body, in the room, in your mind, etc.)?

Thank you for practicing mindful listening with me today. Remember you can use these skills anytime you need to refocus and turn on your antler ears.

REFERENCES

- Greenland, S. K., & Harris, A. (2016). *Mindful games: sharing mindfulness and meditation with children, teens, and families.* Boulder: Shambhala.
- Renegades, L. Little Renegades. Mindfulness for Kids. Retrieved from <https://littlerenegades.com/>
- The Hawn Foundation. (2011). *In The MindUP Curriculum: Brain-Focused Strategies for Learning and Living.* New York, NY: Scholastic.