

Mindful Minute – Mindful Bodies, Mindful Listening

Script Option 1

1. Get into a mindful body.
2. Put all of your attention into listening.
3. Listen to the sound around you
4. Listen to sounds coming from outside the room.
5. Listen to sounds coming from inside the room.
6. Are you quiet enough to hear sounds in your body?
7. Listen for 1-2 minutes.

Discussion Questions (pick 1-2 per day)

- How does it feel to sit in a mindful body? (Still, quiet, calm, happy, etc.)
- Was it easy or difficult to sit and listen to the chime? Why?
- What are some other things we can listen mindfully to? (Teacher, friends, sounds outside, family members.)
- How can mindful listening help us?
- What surprised you about sitting in a mindful body or mindful listening?
- How could mindful bodies or mindful listening influence our classroom?
- Does your body feel different when you practice mindfulness? How?

Optional activities:

- Have students sit in a mindful body, close their eyes, and listen to the sounds happening around them (in the room, outside, in the hallway, etc.). Time them for 30 seconds, 1 minute, etc. Let students share what they noticed.
- Practice mindful listening outside for a minute or two.
- Have students journal about mindful bodies or mindful listening.
- Have students draw themselves in an unmindful body and in a mindful body.
- Give a challenge assignment to practice mindful listening somewhere on their own (lunchroom, recess, at home, in the backyard, etc.). Journal about the experience in the class the next morning. Let students share.
- Invite students to notice if there are some sounds that they like and others that they don't like. "You don't have to say anything or do anything differently. Just notice when you like a sound and when you don't like a sound. Then just keep listening again."
- Encourage your students to become very still and quiet. "For mindful listening today, notice if there is any moment during this one minute that you only hear silence."