

Name:

Date:

MINDFUL LISTENING

Mindful listening means paying close attention to the sounds around you, without trying to change or judge them. It's about slowing down, staying quiet, and noticing each sound-big or small-as it comes and goes. This kind of listening helps you feel calm, focused, and connected to the present moment.

LET'S PRACTICE!

Find a place where you can sit or stand still. Close your eyes if you'd like, and just listen. Try this for 2-5 minutes, and then write or draw the sounds you hear below: