



MindUP Booster Lesson

Lesson B: Mindful Listening

Grades 4 – 5

Length of Lesson: Approx. 10 minutes

Objective of Lesson B: Students develop focus and awareness by becoming more mindful of what is happening at the present moment. Through an auditory awareness activity, students sharpen their attention and use sensory experiences to enhance memory, problem solving, relationships, creativity and physical performance.

Lesson Overview

1. Exploring Mindful Listening
2. Cooling Out-Breath (breathing exercise)
3. Guess that Sound (mindful listening activity)
4. Wrap Up

Lesson Materials:

- Student handout
- Writing utensil (pencil or pen)

Preparation: Have child in a space with a flat surface for writing and that is calm and quiet.

For Parent Review:

- **Mindful activities help** train the prefrontal cortex to pay attention, absorb details and think clearly.
- **Having a calm state of mind can** increase attentiveness, engagement, competence, and achievement are only possible when a learner's brain is in a receptive state, allowing for calm and mindful response.
- **Mindful Listening helps us** choose which sounds to focus our attention on and helps us to be thoughtful in the way we hear and respond to the words of others.
- **Mindful Listening can assist** with following directions, resolving conflicts with discussion, building friendships, listening critically to news/ads, media.

REFERENCES

- Greenland, S. K., & Harris, A. (2016). *Mindful games: sharing mindfulness and meditation with children, teens, and families*. Boulder: Shambhala.
- The Hawn Foundation. (2011). *In The MindUP Curriculum: Brain-Focused Strategies for Learning and Living*. New York, NY: Scholastic.