

## PARENT WORKBOOK ACTIVITY 3: Practicing Mindful Listening

What does it mean to awaken to our senses? It means to slow down enough to fully notice the world using our senses: seeing, listening, smelling, tasting and touching. Tuning into our senses, when practiced overtime, helps us to live in a more conscious state of mindful awareness and focused attention. This leads us to feel happier, healthier, less rushed and more engaged. To put it simply, our senses can be a practical short cut to mindful awareness. The MindUP™ mindful sensing activities include several techniques associated with increasing the dopamine levels in the brain. When dopamine levels increase, behaviors that become more prevalent include pleasure, motivation, self-awareness, alert awareness, focused attention, perseverance, memory, and emotional resilience.

### Practicing Mindful Listening

For this Mindful Listening activity:

- Break into small table groups and designate one person to read the directions for this activity.
- Read and follow the instructions outlined in the Mindful Listening Directions below.
- Use the “Mystery Sound/Scent” chart (pg. 15) to record your individual experiences.
- Once you complete the activity think of ways you could introduce this activity to your children.
- Can you think of other Mindful Listening activities?

### Mindful Listening Directions

1. Shake each container one at a time, and then pass around in a circle to each participant.
2. Try to identify each sound by listening mindfully with your eyes closed.
3. Write the name of what you think each sound is on your “Mystery Sound/Scent” chart (pg. 15).
4. Reveal one at a time the contents of each container to identify each sound.
5. Discuss with your neighbor how this type of listening was different from the way we usually listen. How were you able or not able to stay focused on individual sounds?
6. Which important part of your brain was working and helpful during this activity?

### Mindful Listening

Help children understand that they can choose what they listen to and focus on (even when there are many sounds competing for their attention) will help them manage their behavior, mood and social relationships. Practice it anywhere; the benefits will translate into other settings. “Did you hear the wind whistling through the trees?”

Parent Workbook Activity 3 :

## MindUP™ For Parents

As a MindUP™ parent, once a day:

Resist the urge to immediately answer a question from your child. Really listen to both the informational and emotional content of the question. Savor time to reflect and develop a thoughtful response!

### MindUP™ Family Activity Ideas:

#### Mindful Listening Fun—All Ages

- Make your own “shakers” using opaque containers and fill them with different mystery sounds.
- Sit quietly in a room or outside. Take turns naming different and new sounds you can hear.
- Play the “telephone” game with a group. Make the phrases to repeat an appropriate challenge for the age group.
- For older children, instruct them to mindfully breathe while “singing” their favorite song silently in their head.
- Listen to a song together and identify as many different instruments and voices as you can.

Parent Workbook Activity 3 :

## Mystery Sound or Scent

Listen to the mystery sound or smell the mystery scent. List some sensory details you notice and jot down any thing or person that sound or scent reminds you of. Now make a guess. Were you right? Fill in the name of the actual sound for scent when it is revealed.

Details I Notice	What it reminds me of	My Guess	Actual Sound or Scent
1)			
2)			