

MindUP Lesson 4

Mindful Listening

Grades: 3-5

Lesson 4: Mindful Listening is the fourth video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

Length of Lesson: 10 minutes including worksheet

Objectives: Students will practice mindful listening by engaging in activities that train their brains to concentrate on specific sounds. In addition, they will learn about the role of the reticular activating system (RAS) as a filtering device for the brain. Through mindful listening, students can gain more control of how they think and behave, laying the groundwork for social awareness and effective communication.

Materials:

- "Guess That Sound" Worksheet
- Pen or Pencil

Preparation: Have child sitting at a desk or table before starting the lesson.

Mindful Listening at Home:

What is the difference between "normal listening" and mindful listening? Normal listening is when you are listening but your mind starts to lose focus and you begin to think about something else that is happening in your life or around you. "Normal listening" is not a bad thing, our minds naturally wander. Mindful listening brings us back to the present moment and helps us focus our attention on the sounds and words being received around us. When we set an intention to listen mindfully, we are more thoughtful in the way we hear and respond to the words of others. Mindful listening can also help us build self-awareness and self-management skills.

Ways to practice mindful listening:

- *Rephrase!* In your own words, repeat what the other person has told you. This will help you process the information and let them know you are truly paying attention to what they are saying.
- *Use non-verbal cues!* Eye contact, nodding, and smiling are great, non-verbal cues that will help others realize you are paying attention. You can further engage by asking questions once the other person is done speaking.
- *Be honest!* If you feel like you cannot give the other person your full attention, don't be afraid to ask to speak at a later time.

Mindful listening activities you can do with your kids:

- *Compare Sounds!* Draw pictures of things that would make loud or soft sounds.
- *Imagine Sounds!* Draw the ocean, mountains, or a busy city and name what sounds they would be able to hear if they were there.

- *Make a Sound T-Chart!* Draw a line down the middle of a blank page. One side will be quiet places and one will be loud places. Have your child write down places that are quiet such as a library and loud places such as an amusement park.

REFERENCE

- The Hawn Foundation. (2011). *The MindUP Curriculum Grades 3-5: Brain-Focused Strategies for Learning and Living* (pg. 52-59). New York, NY: Scholastic.

