



LEHIGH
UNIVERSITY

College of
Education

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Lesson 1: Mindful Listening

Students will **learn** the definition of mindfulness, **apply** mindful listening, and **reflect** on their experience of practicing mindful listening.

What is mindfulness?

Watch this video for middle school: <https://www.mindfulschools.org/video/release-2/>

Watch this video for high school: <https://www.youtube.com/watch?v=kk7IBwuhXWM>

Mindful listening exercise (9 minutes):

<https://mindfulness Exercises.com/course/6-2-guided-meditation-mindful-listening/>

Reflection:

How can mindfulness help you in your life?

What sounds did you notice?

Did you notice yourself judging any of the sounds?

Stretch Activity 1: Have a conversation with a family member, friend or teacher and focus all your attention on being present and listening. Share with that person something new you learned from the conversation.

Stretch Activity 2: Using Spotify or another music app, make a playlist of music that helps you to feel happy, relaxed, and in touch with yourself.

Optional Daily Practice:

1. Find a comfortable, quiet space to practice mindfulness.
2. Begin by breathing deeply and noticing your breath.
3. Then, begin to notice the sounds in the environment around you.
4. Notice any thoughts or judgments about the sounds.

Additional things to consider:

Try and notice one sound you don't normally pay attention to each day.

The next time you notice yourself judging a sound, ask yourself why you are judging it.

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	