

## Mindfulness Week 4

**By mindfully observing their senses, students will become adept at sharpening their attention and using sensory experiences to enhance memory, problem solving, relationships, creativity, and physical performance.**

This week your child will train their attention on specific sounds and try to identify those sounds and then connect this to how mindful listening skills can help them communicate more successfully.

The students might use clapping patterns as a way to practice their listening. Try this with them, start small and grow the pattern. Discuss how this kind of listening is similar or different to listening in class or to a friend.

Tone of voice can say so much. Ask your child if they can detect the mood of a friend, family member or teacher by carefully listening to the tone of that person's voice. Help them understand that the tone we use gives our words an emotional charge that can strengthen or hurt our relationships.

### **Helpful information for you**

#### **What is mindful listening?**

From the buzz of a cell phone to the wail of a siren, sounds are all around us. 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. Research suggests that students become more focused and responsive to their environment by participating in mindful listening activities. In fact, training our brains to concentrate on specific sound helps heighten our sensory awareness. Mindful listening also lays the groundwork for social awareness and effective communication, an important part of the Core Competencies.