



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20
YEARS

OF Premier
Education

What's That Sound?

Sponsored by Premier Education

Overview: Create a calm atmosphere for the children to practice 'mindful listening'.

Time: 10 minutes.

Equipment required: An open quiet space, a device that can play sounds.

Benefits:

- Teaches children to identify and connect sounds with objects.
- Boosts perception and language development.
- Encourages open discussion and empathy.
- Creates self awareness and calmness.

Playing the game:

1. Using a phone or tablet, prepare a range of sound effects. For example, waves, rain, instruments, a cafe, a crackling fire, bird song etc.
2. Have the children sit down with pen and paper and take a few moments to be as quiet as possible.
3. For the next five minutes, play through the different sounds, with a short pause between each one.
4. The children write down what they can hear and what they associate these sounds with - if they trigger any memories or feelings in themselves.
5. Spend the next five minutes having an open discussion, to share what people heard and what thoughts and feelings those sounds conjured.