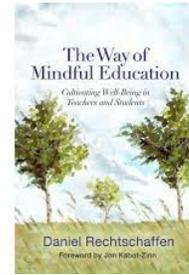


**St. Mark School**  
**March 16, 2017**  
**Mindfulness**



Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering.

-Pooh's Little Instruction Book, inspired by A. A. Milne

### **Appreciations**

Thank you Tara for joining the 4th grade mindfulness lesson.

Thank you Ms. Page for joining the 6th grade mindfulness lesson.

Thank you Mary Ann for our conversation after class.

### **Mindful Listening**

In our lives, we are often thinking about so many things that we are not really paying attention to what is happening right in front of us. We are thinking about things that happened in the past, things that will happen in the future, that we can easily miss the beauty of life all around us. Children are a beautiful reminder to see life with curiosity, wonder, and amazement. We can anchor our experience in the present moment in many ways. We can feel our breath in our body, smell a flower, listen to sounds around us, look at a sunset, or pay attention to anything that is happening right now.

For this practice, we bring our attention, our focus, to the sounds that are all around us. When we listen to sounds, really listen, we don't have to do anything. We just sit back and receive the beauty of sound.

When you practice mindful listening, you put on your mindful listening ears and really pay attention to the sounds all around you. You can listen to sounds near you, like in the classroom and sounds far away like in the other classroom or outside.

We started by playing a listening game. I introduced the children to a singing bowl. I explained that it was a very special bowl...because it sings!

I'm going to play the singing bowl, bring your attention, your focus, to the sound. When you can't hear the sound anymore, slowly raise your hand. (2 times)

After we played the listening game, we put on our mindfulness bodies (sitting tall while feeling relaxed), closed our eyes or looked down at the floor, and brought our attention to the sounds happening near and far. (1st-6th)

What sounds did you notice?

Far

"Motorcycle, people talking, trees swaying, birds chirping, voices in the other classrooms, car, footsteps, wind, music class, cars honking, car going over the bumps, siren, math class, shovels on the street"

Near

"Telephone ringing, a friend patting her legs, people's voices, yawning, whispering, movement, typing, monitor, fan blowing, coughing, humming, whistling, talking, yawning, door slamming, chairs moving, breathing, someone said stop, giggling, stomping, fans"

Internal

"My breath sounded like the waves of the ocean, heartbeat, stomach growling, swallowing"

Isn't that amazing that when we bring our attention to the sounds all around us that we notice sounds we've never noticed or don't usually notice?

Next week, we are going to practice mindful seeing by focusing our eyes on a single spot.

With gratitude,

Cary

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