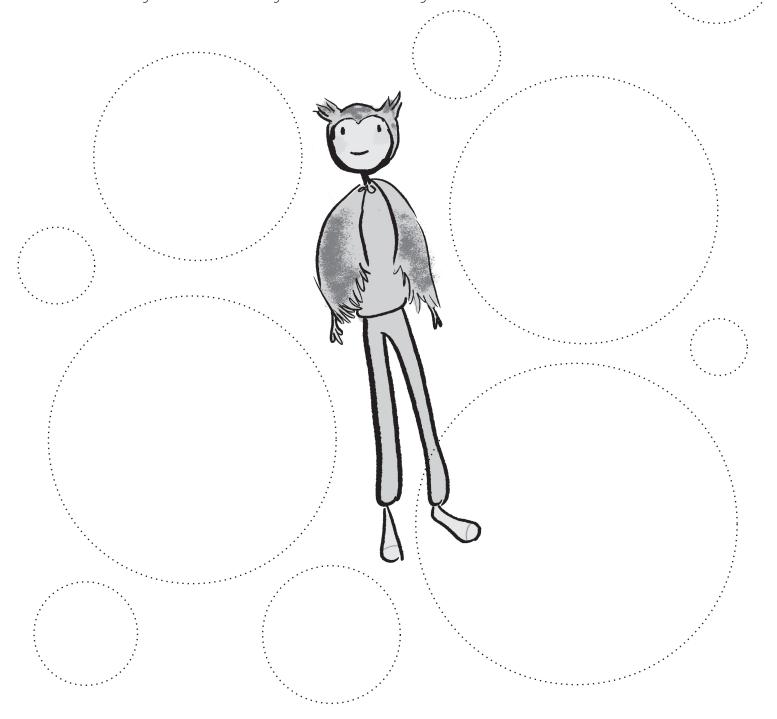
mindfulness series

MINDFUL LISTENING

Listen like an owl to become more aware of the sounds around you.

An owl can hear sounds that are close up and far away, and can also be silent when needed.

Go on a "sound hunt" as an owl. What do you hear close up? What do you hear far away? Write and draw your observations.



Name	Date
mindfulness series	
MINDFUL LISTENING Go on a sound hunt in a different environment. Draw the sounds that are close and the sounds that are far away.	
Sound hunt location:	

