

Name _____

Date _____

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: