

Mindful Listening Game



Mindful listening can be a wonderful tool and can also be a fun game!

Create a skit or video that explains what mindful listening is and guides viewers in a mindful listening game.

Directions:

- Spend some time brainstorming the steps of the game you will create.
- Then create a skit or video about the steps.
- You can write a script and perform your skit.
- Or you can film yourself using a cell phone camera or video maker.

Research and include in your video:

- Definition of mindful listening.
- Benefits of mindful listening.
- Instructions that will guide your viewers in a game to listen to a chime or to listen to as many sounds as they can hear around them. Or come up with your own game!
- Ask listeners to try this out on their own or any time they may remember!
- Share your skit or video with friends and family to teach them about the power of mindful listening!