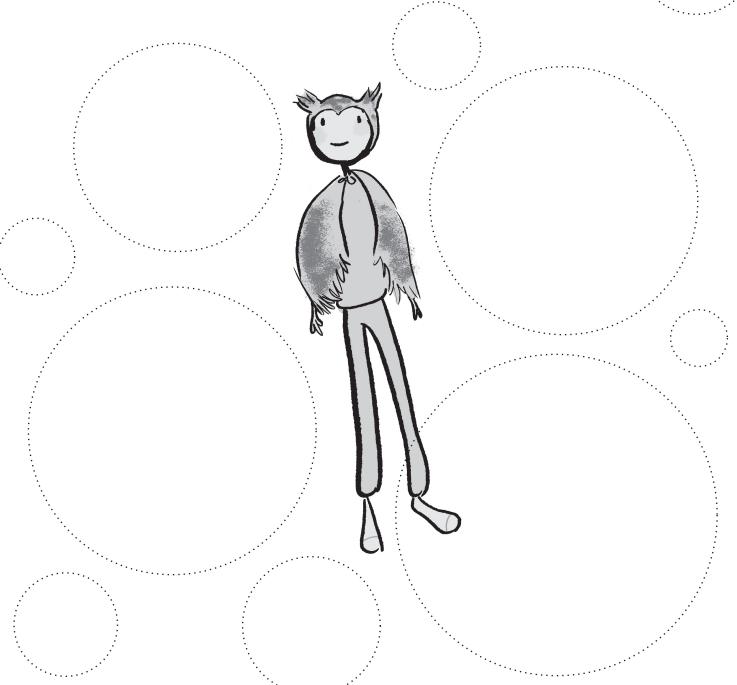
mindfulness series

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.



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1 I N D F U L	LISTEN	ING		
	nunt in a differen		nt.	
Draw the sounds th	nat are close and th	ne sounds that c	are far away.	
Sound hunt loca	tion:			