

Name _____

Date _____

My Superhero Senses

Through the practice of mindfulness, we can be our own superhero. Just like superheroes, we have superpowers that can help us and others around us! Mindful listening is a great tool to use and practice as a superpower! It can help us to find calm, to connect with our friends, and to understand others.

Student Instructions: First, draw all the things you listened to when your teacher guided you to listen to the sounds as near and far as you could hear. Then, draw a picture of yourself listening to your partner with kind and curious attention.



Draw a picture of yourself listening to your partner, using your superpower sense of listening. Don't forget your superhero costume!