

Name _____

Date _____

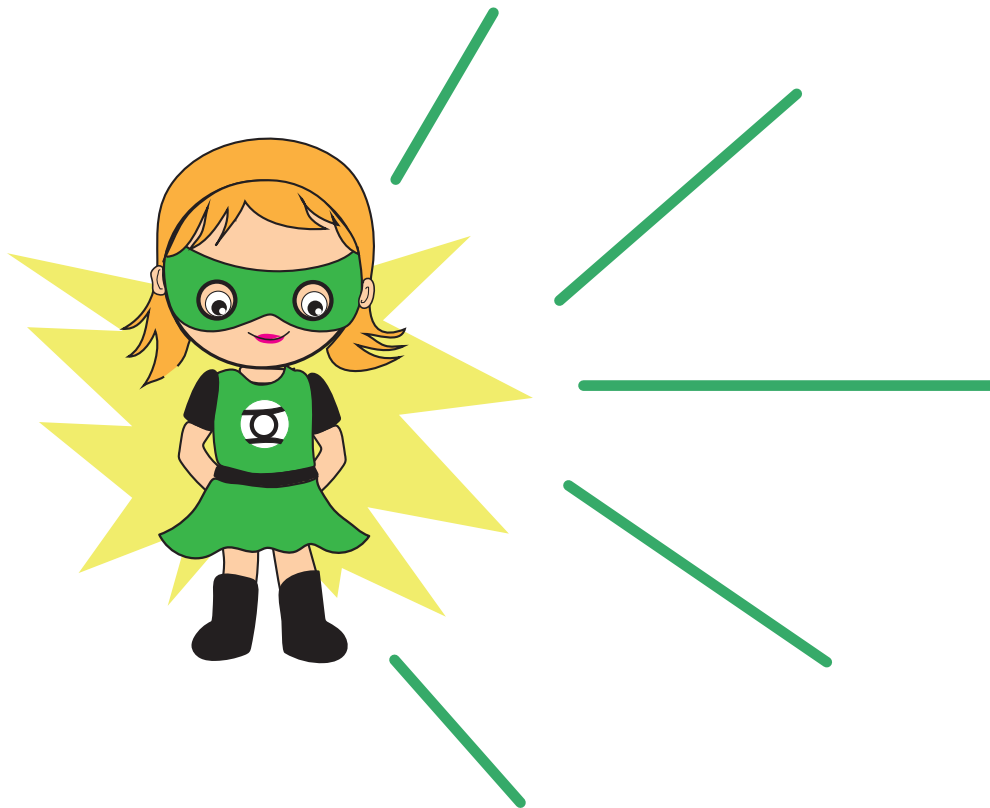
Superpower Senses at Home

Superheroes always have special powers that not only help themselves, but help others, too! Mindful listening is a superpower that we can use at any time to help us to stay focused and connect with our friends and family.

Take a moment to close your eyes or soften your gaze. Still your body and listen to all the sounds as far as you can hear behind you...then in front of you. Listen to all the sounds in the room, and close in to you.



Below, draw five things that you may have heard and listened to at home. Birds? Cars? Sister or brother?



Afterwards, place your drawing somewhere in your home where you will be reminded to use your superpower sense of listening to stay focused and to give kindness to others with your listening ears!