SEL · MINDFULNESS AND CALMING · GRADES K–3

Mindful Listening Sound Hunt

Sit still for two minutes in three places and check off every sound you hear, from birds to your own breathing.



Name: _____ **Date:** _____

Sit very still, close your eyes and listen for **two minutes**. Then open your eyes and check every sound you heard. Try it in three different places.

Place 1: _____ **Place 2:** _____ **Place 3:** _____

Sound I heard	Place 1	Place 2	Place 3
birds or animals			
footsteps			
wind or rain			
a car or bus			
voices or laughing			
my own breathing			
a clock, beep or hum			
a sound I did not expect			

The quietest sound I noticed: _____

How I felt after listening: _____

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