

Mindful Listening Script

This activity is called open ears,
it's an activity for two or more people.
What you'll need is a bell, a chime or something that makes a ringing sound.
Sit mindfully in a circle with your spine straight and bodies relaxed.
Next I invite you to choose a leader in your group.
and the others close their eyes and take three soft, slow, mindful breaths.

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All participants will have their eyes closed,
and the leader rings the bell or other object.

Listeners, pay attention to the sound.

Notice how it fills the room.

Raise your hand when the sound is gone.
Put down your hand and focus all your attention on the other sounds you hear,
close by and far away.

The leader gives you time to listen
and rings the bell again to signal listeners to open their eyes.

After, as a group talk about the sounds you heard...

