

MINDFUL MENTALITY

LISTENING

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children connect with their emotions and gain a better understanding of themselves. Mindfulness can support this learning and help them develop a kind and inclusive mentality. By incorporating mindfulness and SEL into early learning, students can establish this mentality early and be better equipped to build strong connections and communities.

BEFORE READING

Talk to the student about listening.

Discuss: What does listening mean to you? How does it feel when someone doesn't listen to you? How can people become better listeners?

AFTER READING

Talk to the student about practicing listening.

Discuss: What does it mean to be a good listener? How will practicing active listening make you a better friend? Who in your life is a good listener? How do you feel when someone takes the time to really listen to you?

SEL GOAL

One way students can become better listeners is through practice. Try having students play a listening game in small groups. One student recites a short story while the other students carefully listen. When the story is over, the students write down what they remember about the story. Who were the characters? What happened to them? Make sure the students take turns listening and reciting.

GOALS AND TOOLS

GROW WITH GOALS

Listening can be hard! We become good listeners with practice, patience, and mindfulness.

Goal: Ask someone about their day. Did they have a fun day? Listen to them talk about what they did and how they felt. Remember to listen with your whole body. Then people will see that you are truly listening.

Goal: Think about a time someone listened to you. How did it make you feel?

Goal: How can you become a better listener? Write down the ways. Think about these goals the next time someone shares a story or problem with you.

MINDFULNESS EXERCISE

Becoming a better listener takes practice. Play a listening game to practice mindfulness and listening skills.

1. Sit in a line with friends or family members.
2. The first person in line whispers a sentence to the next person in line.
3. Then that person whispers the same sentence to the next person in line.
4. The last person says the sentence out loud to the group. Is that sentence the same one that the first person said? Reflect on how you did. Were you mindful? Did you listen?
5. Move around in the line and try again!



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