

Name _____ *Mindfulness*

Mindful Listening

Be very quiet for a few minutes and practice your mindful listening.
Write the sounds that you hear very close to you in the large circles.
Write the sounds that are far away in the small circles.

The worksheet features a central cartoon illustration of a young boy with brown hair, looking slightly to the right. Surrounding him are eight empty circles of different sizes. There are four large circles and four small circles. The circles are arranged as follows: a large circle at the top left, a small circle at the top center, a large circle at the top right, a small circle at the middle left, a large circle at the bottom left, a small circle at the bottom center, a large circle at the bottom right, and a small circle at the middle right.