**Lesson 6**

Goals/Objectives

-Children train their attention to specific sounds and try to identify those sounds.

Purpose

According to the Mind-Up curriculum book, children may become more focused and responsive to their environment by participating in mindful listening activities. Training brains to focus on specific sounds helps heighten sensory awareness. Mindful listening also lays the groundwork for social awareness and effective communication.

Introduction

Remind children how last time they practiced listening mindfully to the triangle. Explain how this time they will practice listening mindfully again by playing a game in which they pay attention to a sound and try to guess what is making that sound.

Lesson

Make a few different sounds and have children guess what they are. Sounds will likely be shaking coins in a ziplock bag, shaking salt in a container, shaking water in a bottle, and shaking a container of dry pasta. Reveal the identity of the sound-makers after children have guessed. Reinforce how children were using their brains to identify each sound.

Assessment

Children will guess what objects are making which sounds, indicating that they were listening attentively to the sounds.