

Week 4

See, Hear, Feel

- OBJECTIVES:** Learn a new way of practicing mindfulness
Practice kindness
- PREPARE:** A bell or chime
A Talking Object
Your Kindness Pals list
Copies of the See, Hear, Feel Worksheet found in the Materials in Lessons Section

Today we introduce a new mindfulness practice called “See, Hear, Feel.” This practice engages all of the kids’ senses by asking them to notice first what they see (with eyes open or closed); then what they hear in the environment; and then what they feel in their body (sensations). Remember you can use any of the mindfulness practices we have learned so far at other times during the school week when you need to help kids - or yourself! - calm big emotions or focus attention.

Introduction

Say: *Today we are going to try a new mindfulness practice called See, Hear, Feel.*

See, Hear, Feel is another way of doing mindfulness. In this practice we are just going to be paying attention to three things - what we see, what we hear, and what we feel in our bodies. We’ll be sitting quietly with our eyes closed or looking down at the floor or our laps. When I say “See,” you’re just going to try to notice what you are seeing.

*Let’s try it now: Just close your eyes or look down at the floor or your lap. What are you seeing right now? If your eyes are closed you might see lights or shapes or you might see images of things you were looking at or thinking about. **Wait about five seconds.** What did you see?*

Take some answers.

Next I will say “Hear” and you can notice all of the sounds that you hear.

*Let’s try that now: Let’s close our eyes again or look down and try to keep your body really still so that you aren’t making any noises. **Wait about five seconds.** What did you hear?*

Take some answers.

Next I will say: "Feel". This time we are going to be trying to notice feelings or sensations in your body. Sensations are feelings you have in or on your body. You might have an itch that you want to scratch or your hand might feel tingly. Your stomach might feel hungry or you might feel like you need to go to the bathroom. Those are all sensations in your body. Those are different but often related to emotions. Right now we are trying to focus on the sensations or body feelings.

*Let's try that now: Let's close our eyes again or look down and try to keep your body really still. **Wait about five seconds.** What did you feel?*

Take some answers.

So that's how you do See, Hear, Feel. So let's try it out! But first, let's invite our first Mindfulness Helper to help us get set up.

Mindfulness Practice

Invite today's Mindfulness Helper (MH) to come to the front of the class to sit next to you on a chair.

Prompt the MH to choose another student to turn off the classroom lights.

Prompt the MH to say: "Let's get into our mindful bodies. Close your eyes or look down into your lap. Let's take 3 deep breaths."

Say: *Let your breath settle back into its natural rhythm. You don't have to change it at all.*

So remember, all I am going to say is See, Hear or Feel. You're going to try to move your attention around to focus on those things that you see, hear and feel.

Don't worry if you get distracted and start thinking about something else. That's totally normal. As soon as you notice that your mind went somewhere else just try to start again. This might happen a bunch of times and that's fine.

See... wait about ten seconds

Hear... wait about ten seconds

Feel... wait about ten seconds

Repeat this two or three times - if the students seem restless cut it shorter.

Okay, great job! Let's take one big deep breath and reach your arms up over your head as you breathe in and slowly float them down as you breathe out.

After a few moments, say: *Now let's take one more deep breath in and out. Let's listen to the sound mindfully and open your eyes or look up when you can't hear it anymore.*

Ring the bell to end the session or just ask them to open their eyes and/or look up.

Ask the MH to choose a classmate to turn the lights on.

Ask the MH to return to his or her seat.

Reflect and Discuss

1. Write or Draw

Hand out the worksheet to each student. Invite them to write or draw what they saw, heard and felt.

2. Turn and Talk

Assign new Kindness Pals so they can do this activity together.

Share with Kindness Pal what they each saw, heard and felt.

Direct them to take turns: first one person shares what they saw, and then the other.

Repeat with "Hear" and "Feel!"

3. See, Hear, Feel Chart

Draw a chart on the board with three columns.

Label the tops of each columns "See" "Hear" and "Feel!"

Ask the class:

- Who would like to share what they were seeing?
- Who would like to share what they were hearing?
- Who would like to share what they were feeling?

Take a few answers for each question and write answers on the chart you have hung or drawn on the board.

Notice what students had in common, and the range of different answers.

Emphasize that there are no right answers here; everyone's practice is uniquely their own.

Kindness Pals

Say: *Would anyone like to share something kind you did for your pal last week?*

Pass the object to a few students who wish to share and have them pass it to their Kindness Pal who can either share what they did or say “thank you” to their Pal.

Invite the Class to do a Kindness Pal Challenge

Say: *I’m going to set a timer for 90 seconds. You’re going to sit with your Kindness Pal and try to find out how many things you two have in common. Remember to ask each other questions and keep track. When I ring the bell, we’ll share what we found out about each other.*

You can let the time go longer than 90 seconds if the kids seem to be having a good time.

Share. Come back together as a group and ask them to share something that they learned about their Kindness Pals. This exercise is a great way to practice Mindful Listening and help them to develop an interest in others.

Say: *Okay, so now we’ve gotten to know our Kindness Pal a little better. I can’t wait until next time when we get to hear about the kind things you did for your Pal. Have fun!*

Closing words: *Thanks for a great class, everyone. Let’s have a nice quiet moment with the bell. You can close your eyes or leave them open but let’s sit quietly and listen to the bell. If you want to, you can think about your new Kindness Pal and imagine yourself doing something kind for them.*

Ring the bell or chime.

Extensions

Writing Prompts:

How did you feel before we did See, Hear, Feel? How did you feel after?

What Favorite things did you and your Kindness Pal have in common?

What are some of the kind things you could do for your Kindness Pal this week?

At Home:

Teach a family member or friend the See, Hear, Feel practice.