

WHILE-TASK: MINDFUL LISTENING

Linguistic focus

Listening

Thematic focus

Mindfulness

Language level/target group

A2

Teacher instructions

In the book, there is a passage that reads “**Take a moment to stop and really listen to the sounds around you**” (page 3); this sentence is the focus of this learning chunk and directs attention at the competence of listening.

First, ask the students to name the examples given in the book of what can be heard when listening to one's environment. Then ask them to remember and talk about the examples given in the book (possible answers: the wind in the trees; the sound of cars; moving leaves). As a transition to the next phase (and to recap on how to describe sounds) the sound-guessing game could be played with students on the board or online (see Happy 7.2).

Second, ask students to think of their favourite sound and let them describe it to their partners/the class (think-pair-share).

Third, let the students go on a walk on the school campus (approx. 10 minutes) where they are asked to consciously listen to the sounds around them. The students should be made aware that taking a mobile device with them is not allowed as the goal is to actively listen. After the walk, the students should be encouraged to share their experiences in class by writing them down on cards and clustering them on the board. They can then discuss what it feels like to be fully present in the moment while listening.

Additional material to be used

- Scaffolding (sounds) [Happy 7.1]
- Online sound description guessing-game (QR code) [Happy 7.2]

MINDFUL LISTENING

Step 1: What can you hear?

Let's have a look at which sounds you can describe.

- Start by naming some examples of sounds you hear around you every day.
- Think about the book we read and try to remember the examples. Do you hear any of them every day?

Step 2: Describe your favourite sounds

Think about your favourite (natural) sounds (such as the sound of rain, birds chirping, etc.). Take 2 minutes to think about which sounds you like the most.

After you have decided on a sound, find a partner.

Now describe your favourite sounds to your partner without naming it, they have to guess the sound based on your description. Afterwards, each one of you picks a new sound to describe.

You can be asked to describe a sound to the class.

Example:

What you tell your partner: "You can hear it when you are in the park. It is high pitched and melodic. Little animals make the sound."

Answer: The sound of "birds chirping".

Step 3: Sound walk

Now it's time for a walk on our school campus. We will spend 10 minutes walking and consciously listening to the sounds around us.

Do not talk during this walk. Focus on the sounds you hear and try to notice as many as you can.

When you are back in class write down as many sounds as you can remember on the cards and pin them to the board.



Remember, you are not allowed to take a mobile device with you during this walk!

Sounds I heard on my walk on the school campus ...

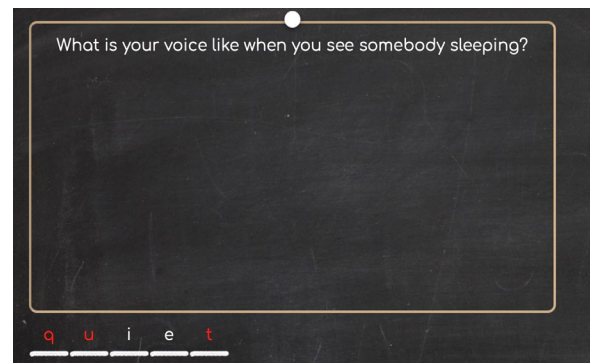
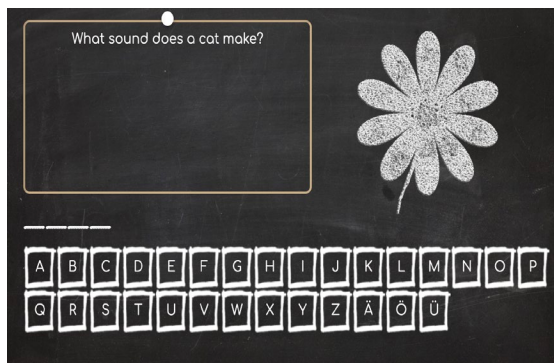
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ONLINE SOUND DESCRIPTION GAME

This game is designed similar to the traditional “hang-man” game but with flower petals. The students see the clue inside the window on the left and need to click on the letters below to fill in the word. If their guess is correct the letters are automatically filled in, if not, the flower loses one petal. If the student used all their guesses, the remaining letters of the word are filled in with red.

This game can easily be played (on the board or online via projector) with all the students in class together or in teams.

You can use the examples provided or adapt them according to your learners group.



The examples provided online are:

1. What sound do you hear when a bee flies around your head? [buzzing]
2. What sound does a cat make? [meow]
3. What sound do you hear when you walk on leaves? [crunching]
4. What is your voice like when you talk to someone in a crowded room? [loud]
5. What is your voice like when someone is sleeping? [quiet]
6. What sound do you hear when you step on a rubber duck? [squeaking]
7. What sound do you hear when you play in the water? [splashing]



ONLINE SOUND DESCRIPTION GAME

QR-code for online sound description game.

