

Mindfulness Ocean Adventure

What did we learn last week?

innerYU
dive in

A photograph of a whale breaching the water surface. The whale's head and back are visible above the water, while its body is seen below the surface. The water is a deep blue color, and the sky is a clear, light blue. The whale's head is white with dark markings, and its back is dark with a prominent dorsal fin. The water surface is slightly rippled, and there are some small bubbles or droplets visible in the air above the water.

The Whale

Teaches us to take deep whale breaths.



Let's watch and discover how orcas listen.

<https://www.youtube.com/watch?v=tpBJhbSG46A>

What did you notice when you listened like an orca?



What can we learn from orcas?

Noise pollution from ships, military sonar, and boats makes it loud in the ocean and creates problems for dolphins and whales. It makes it hard for them to hear each other. Now think about when we're trying to communicate and it's too noisy. Is it more difficult to listen when there is a lot of noise or when everyone is talking at once? (Have children raise hands if they agree.)

Is it hard to hear someone else when we're interrupting and talking over them? (Have children raise hands if they agree.) Yes!

We can learn that it's hard to hear when there's a lot of noise or when we're not quiet and listening.



Practice: Let's listen like an orca

Listening like an orca

- What did you notice when you were listening like an orca?
- What did you experience when listening with your eyes closed versus with your eyes open?
- How can mindful listening help you at school?
- How could mindful listening help you in your life?

Practice for this week:

This week I invite you to practice mindful listening for 1 to 2 minutes a day.