

Listening Like an Orca Journal

After practicing “mindful listening” for one to two minutes—paying attention to sounds—take a moment to reflect and journal your experience.

Instructions for Students:

1. Mindful Listening Practice

Now let's *Listen Like an Orca*:

- Sit tall and still like a Blue Heron.
- Close your eyes or look down gently.
- Listen quietly for 1–2 minutes.

Notice:

- (1) Nearby sounds (in the room)
- (2) Faraway sounds (outside or across the room)
- (3) Sounds your own body might make (breathing, heartbeat, etc.)

2. After Listening

Pause and gently check in with yourself again:

- What sounds did you notice that you hadn't before?
- How do you feel now after being still and listening?
- Is your mind quieter? Your body calmer?

Write or draw your answers around your orca.

MINDFUL LISTENING LIKE AN ORCA
What sounds did you hear when practicing mindful listening like an Orca?
Write around your Orca what you heard.



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