



## Lesson Four

### Cross-Curricular Activities and Resources:

- 1. Science: Sound Explorers – The Science of Hearing-** Teach students how ears work and how sound travels to the brain. Use simple diagrams and sound experiments (e.g., tapping cups with pencils, listening to different tones). Discuss the difference between hearing and listening—highlighting that listening is what our brain does with intention. Invite students to describe when they listen better—quiet rooms, headphones, eye contact?
- 2. Language Arts: Partner Retell-** In pairs, students take turns telling a short story (about their weekend, a favorite book, etc.). Their partner listens without interrupting, then retells the story back to them using the phrase, “What I heard you say is...” Reflect afterward: “Was it easy or hard to remember everything? How did it feel to be listened to carefully?” This builds narrative comprehension and listening accuracy.
- 3. Physical Education: Listen-and-Move Challenge-** Play a game like “Move If...” or “Simon Says,” where students must listen closely to directions that change quickly (e.g., “If you hear a color, jump. If you hear a food, sit.”). Increase complexity slowly. Afterward, ask: “What helped you stay focused?” Link it to how our brain listens with attention and intention, especially during games, class discussions, or when learning something new.
- 4. Music: Sound Detective-** Play a series of short sound clips (drums, rain, birds, bells). Ask students to close their eyes and quietly identify what they hear. After each clip, they can draw, describe, or point to matching images. Challenge students to listen for patterns (fast/slow, loud/soft). Discuss how being still and focused helps us tune in more deeply—not just to sounds, but to people too.
- 5. Art: Listening Portraits-** Have students draw a “listening self-portrait” showing what it looks like when they are actively listening (e.g., eyes watching, ears alert, heart open). Around the portrait, they can add words or speech bubbles with phrases like: “I hear you,” “I’m listening,” or “Tell me more.” Display the portraits with the title “We Are Mindful Listeners” to reinforce visual SEL cues in the room.