

Lesson Four

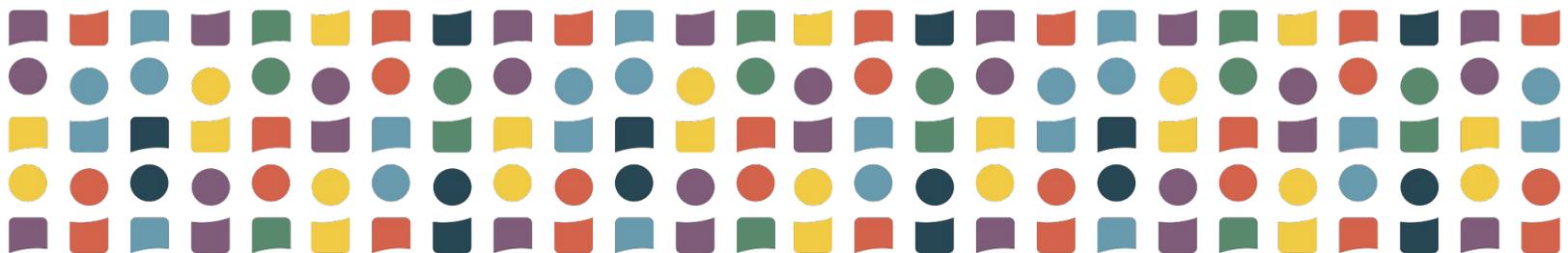
In this lesson, students explore the power of careful listening through a story about Tree, Lily, Cleo, and Oliver. They learn that listening means using their whole body—sitting still, focusing, and tuning in to the sounds around them. Through story discussion and a playful “Secret Sound Game,” students practice noticing quiet and surprising sounds. They reflect on how it feels to slow down and really listen. This lesson builds self-awareness, attention, and problem-solving skills—while encouraging curiosity and connection.

At Home Practice: Sound and Seek

Today we practiced being mindful listeners—just like Lily, Cleo, and Oliver!

How to Play:

1. Choose one person to be the Sound Hider. Everyone else becomes the Sound Seekers.
2. The Sound Hider quietly moves to a different part of the room (or house) and makes a gentle mystery sound—like tapping a spoon, jingling keys, rubbing fabric, or crinkling paper.
3. The Sound Seekers close their eyes, take a calming breath, and listen carefully to figure out:
 - a. Where is the sound coming from?
 - b. What kind of sound is it? (soft, sharp, bumpy, smooth)
 - c. What could be making that sound?



At Home Practice: Sound and Seek cont.

4. When the sound stops, everyone shares their guesses—then the Sound Hider reveals the secret!
5. Take turns hiding and making mystery sounds.

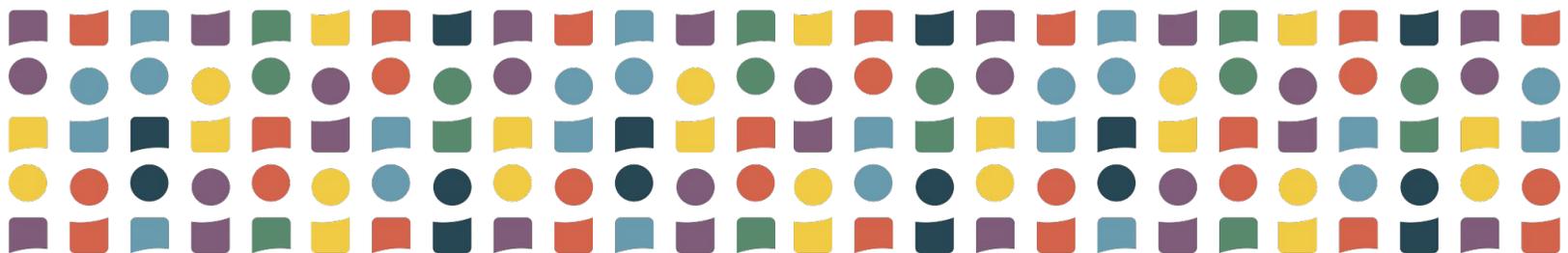
Optional Challenge: After each round, talk about how it felt to stay still and listen.

“Was it easy or tricky?”

“What helped you focus?”

“When could we use these listening skills in real life?”

Bonus: Before each round, invite everyone to sit quietly and take one deep breath—just like Oliver the owl!



Home-Friendly Sound Suggestions

Kitchen Sounds

- Tapping a spoon on a glass
- Crinkling aluminum foil or plastic wrap
- Pouring cereal into a bowl
- Snapping a bag of popcorn
- Opening and closing a cabinet or drawer

Toy & Art Sounds

- Shaking a jar of beads or buttons
- Scribbling with a crayon
- Snipping paper with scissors
- Stacking plastic blocks
- Clicking a marker cap on and off

Nature & Everyday Sounds

- Rubbing two leaves or pieces of paper together
- Blowing gently into a bottle
- Splashing water in a cup
- Zipping or unzipping a backpack
- Gently dropping a stone or coin into a container

Body Sounds

- Snapping fingers
- Tapping feet on the floor
- Clapping softly or slowly
- Rubbing hands together
- Humming or whispering a tune

Surprise Sounds

- Opening a chip bag
- Unwrapping a candy
- Shaking keys
- Ringing a bell or a timer
- Closing a book softly