### Connecting

#### Stretching

### **Transferring**

**Topic: 4d Listening** 

Activity: What Can You Hear?

What you are trying to achieve ...

Students recognise that attentive listening enables them to centre themselves, focus on what is really happening and take possession of themselves as learners.

# Set up the Activity

#### Group to:

- Sit still with eyes closed in a relaxed but attentive pose.
  - Breathe evenly, try to allow external thoughts to come and go without being distracted by them.
  - Allow yourself to become simply aware of what you can hear in your body, the room and outside.

Ask for complete silence and, staying comfortably apart,

- Each person to listen carefully, and count and remember every single sound they hear over two minutes.
- At the end of the activity every member lists the things they heard in order.
- Compile a list for whole group.

### Debrief and record

What happens when we 'centre down' and listen?

What makes this difficult to begin with?

What do we have to learn to do in order to let ourselves become attentive?

What did you begin to notice once you let yourself listen?

Did this have any impact on your mood ... your breathing ... your heart beat?

What words would you use to describe how you felt at the end of this passage of time?

Does this make you feel more able to learn?

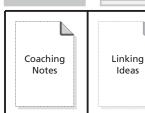
Could you use this activity at other times in order to focus and calm yourself?

# Extend using Linking Ideas

Print or display linking ideas.

Run through the aspects of the listening muscle.

Move on to the related activities.



Connecting



Coaching Notes 4d Listening 4d-C-Listening-CN.pdf

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