



DROP-IN ON THURSDAY: SOUND CHECK

Supplies: A bell, sound bowl, or chime; "T" hand-tracing card

Alternative Activity: Journal about your favorite sounds or list all the sounds you can hear during the group practice.

Sound Check

Watch the *Sound Check* video (BELOW) or reference the discussion below.

This mindful practice also uses sound as an anchor, but differently than Monday's 'Zoom Out, Zoom In' meditation. Today, we will be noticing when a specific sound is no longer present.

[Introduce the sound (bell, sound bowl, or chime) that you will use]

Your eyes can be open or closed. When you no longer hear the (chosen instrument) 's lingering sound, please raise your hand. It's not important who hears the sound the longest, but that your attention is focused on the sound.

[Initiate your sound. Repeat this two times.]

For round two, start with your hand raised. Put your hand down when you no longer hear the sound.

[Initiate your sound. Repeat this two times]

Check-in with your body and notice any sensations.

Discussion

Notice how your energy and mood are right now. On Monday, we noticed different sounds as they arose, and today we noticed one specific sound as it disappeared. Which practice did you prefer? When or where might you use these practices? Know that what you preferred today might change over time. Regardless of the day or your mood, you always have different options to help get that 'brain off the train.'

SEL: Invite students to explore sounds, words, and phrases they commonly hear at school. Which ones tend to feel positive? Which ones seem negative? Why do some seem positive and some negative: because we judge them as such. Can you make a note of their tone without getting caught in a rabbit hole or ruminating? Let's try to notice that this week.