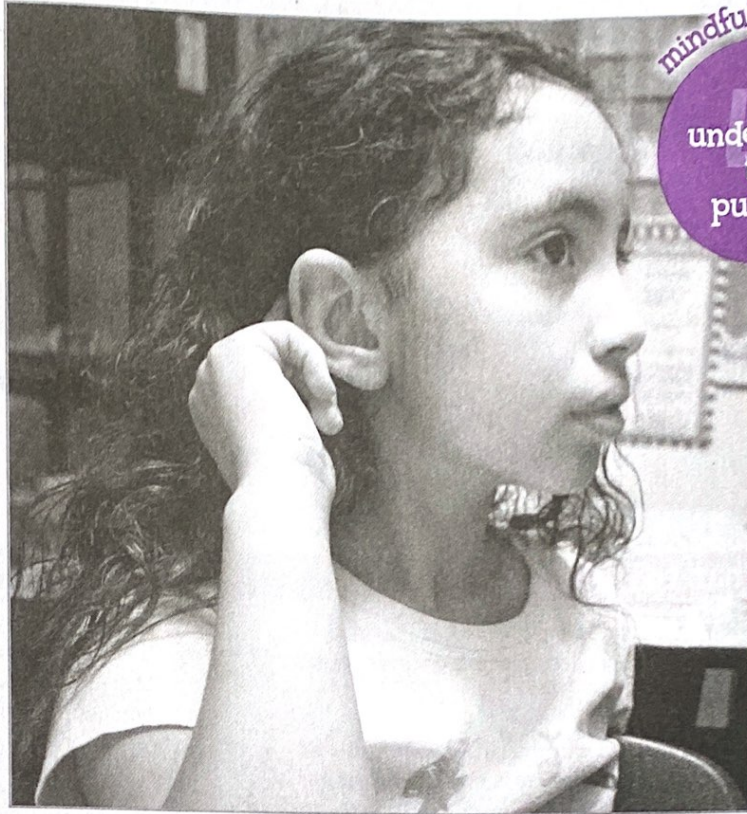


mindful listening

understand
the
purpose



Did You Hear That?

This girl is listening as others demonstrate volume control with their voices.

MINDUP Warm-Up

Mindful Listening Practice

Build background for this lesson with an auditory exercise students will enjoy and relate to: practicing volume control with their voices. Have volunteers demonstrate how loud or soft their voices are for several different scenarios you give them, such as independent work/library time, group work time, stage performance, or outdoor recess. Emphasize that we can hear subtle differences among the voices for each setting because our ears are sensitive to very soft sounds, such as pins dropping, loud ones, such as jackhammers, and everything in between.

Now play the part of a conductor; close your hands together to indicate the softest sound students can sing and open them progressively wider to indicate that students should get louder, until your arms are fully extended. This should be the loudest they can get indoors. Have students test this range, singing "Ah" as you move your hands farther apart and closer together. If they have trouble modulating their volume, stop and have a few volunteers model successfully. Then try it again with the whole class. This should reinforce students' sensitivity to sounds and their ability to self-regulate.

Discuss: How might learning to self-regulate your voice be a useful strategy for getting along *and* doing well at school?