

## Mindfulness Techniques for Adolescents

### Sounds

**Direct Aim:** To quiet the mind; to bring the mind to one point of focus; to take the mind from activity to stillness.

**Indirect Aim:** To respond with reflectiveness, openness, and calmness in all situations; to achieve, maintain, and preserve health and prevent disease in both mind and body.

#### Procedure:

1. Choose a recording of Tibetan singing bowls, or the sound of the ocean; make sure this is at least ½ hour in length.
2. Sit quietly, out of sunlight, in a comfortable seated position.
3. Play the recording of the sound you have chosen.
4. Close your eyes.
5. Focus your mind on the sound and allow the sound to reverberate throughout your entire body.
6. At any time that your mind wanders, without judgment, gently bring it back to the sound in the recording.
7. Practice this Mindfulness Technique for 5 minutes.
8. After practicing this Mindfulness Technique for a week, try and increase the number of minutes in your Mindfulness practice; you may want to add one minute at a time until you can sit for 10 minutes.
9. Mindfulness practice is best done daily.

#### Notes:

All life forms express themselves through sound. Older students may associate certain sounds with either positive or negative experiences, but most certainly sounds will take them back into past experiences or bring them into the present moment. Sound Mindfulness Techniques can be linked to many ecological science lessons, which may also link to outdoor experiences. Physical science lessons on sound may also be linked to this mindfulness lesson.

**Extensions:**

Have a student play a melodious instrument or a Tibetan singing bowl during the Sound Mindfulness experience.

Take students into nature where they can focus on a specific sound to use as the focus for the Sound Mindfulness Technique – remember that Mindfulness Techniques are not practiced in the sun. You may want to focus on a water feature, birdsong (make sure there are enough birds to allow this to happen), or on a windy day sit amongst pine trees and listen to the sound of the wind.

**Middle and High Schoolers:**

Allow students to create their own sounds to be used in a Sound Mindfulness experience. They could create and record chime sounds or record sounds at the beach, or any other restful outdoor sounds that would lend themselves to a pleasant Sound Mindfulness experience.

Make sure that there is space in the day to be able to practice Mindfulness techniques. This type of mindfulness experience may be done for several minutes before a test, presentation or any other challenging situation in which you want to quiet your mind and help reduce stress.