



# WHAT DID I HEAR?

## *Purpose & Focus*

We listen carefully to different sounds, and guess what's making them, to become more aware of our experience in the moment.

Helps participants build focusing skills.

## *Participants*

Any number of participants

## *Time Allotment*

5 – 15 Minutes

## *Activity Level*

Low

## *Materials*

Instruments and/or objects that make interesting sounds.

## *Preparations*

No preparation necessary.

## *Method*

- Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes. Notice what it feels like to breathe in and out right now.
- I'm going to make some sounds with different instruments for you to listen to. You don't have to make any extra effort to hear them; just relax and listen.
- Make different sounds using instruments or interesting objects—a shaker, a string instrument, tapping rocks together, shaking coins, for example.
- Listen closely and see if you can guess what's making the sounds. Just relax and wait for the sounds to appear like little surprises. Try to remember what you heard so you can tell me your guesses at the end.

*Continue making sounds for about a minute.*

## *Discussion*

- Were you able to guess what was making any of the sounds?
- Were you surprised by what you heard?
- What was it like to hear different sounds with your eyes closed?

## *Coaching Tips*

If any participants are uncomfortable closing their eyes, have them focus their gaze on an object, and play the instruments out of sight.