

# Lesson 12



**Area:** Listen

**Title:** Quiet Noises

**Objective:** Students will become aware of their environment and distractions within it.

**Materials:** Journals  
Writing utensils  
Clock/Stopwatch

**Activity:**

1. Explain to students that they will be asked to sit quietly for 1 minute. During that minute, they may not make any noise. They may breathe, but no talking, singing, laughing, tapping, etc. There is no specific thing they should be thinking about or listening for; just concentrate on sitting quietly.
2. Give the “Start” and “End” directions for the 1 minute of quiet time.
3. At the end, ask students to write for 2-3 minutes about what they heard, felt, observed, or experienced during the 1 minute. Ask them to write whether they found this activity easy or difficult and why.
4. Assign students to groups of 3-5 to compare their comments and experiences. Give them a few minutes to reflect together.

**Closure:** Hold a short class discussion around the following questions:

1. “What did you notice/experience during the quiet time?”
2. “Was this difficult for some? Why?”
3. “Was this easy for others? Why?”
4. “How does sitting quietly relate to being a good listener?”
5. “Any final thoughts or observations?”