



Outside - Inside Listening

*This activity helps us shift awareness
between our surroundings and ourselves.*

- 1 Ring a bell or stroke a drum.
Listen to the sound it makes.
- 2 When the sound is finished,
take 5 slow breaths. Listen to
the sound your breath makes.
- 3 Notice how you feel. Is there a
word for a sound that describes
how you feel?

