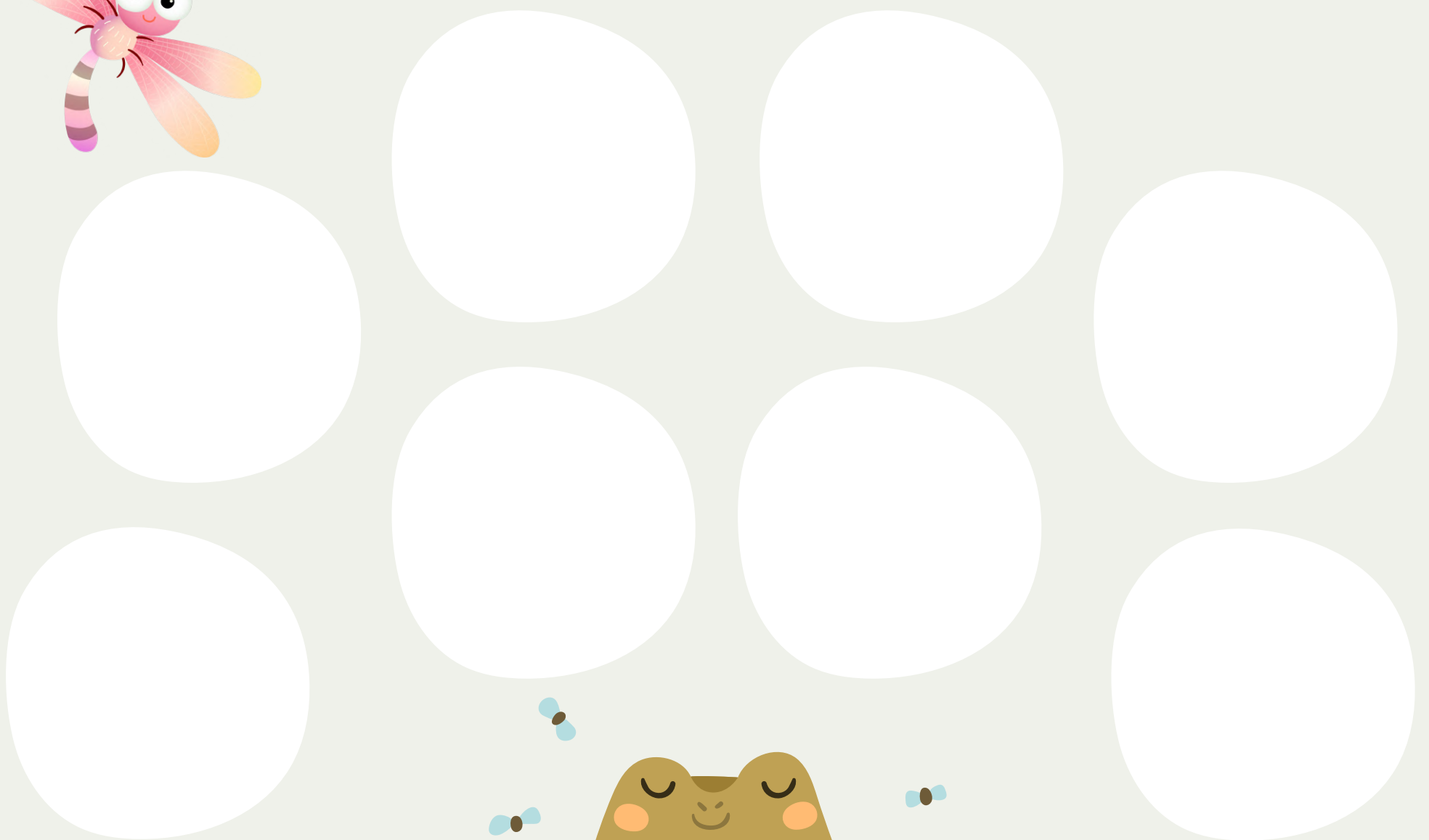
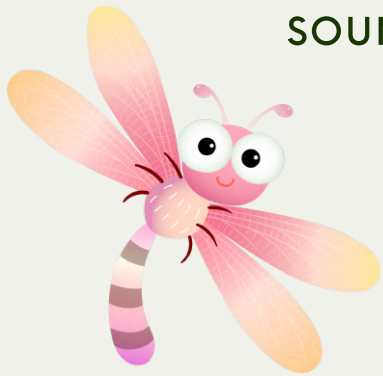


# Mindful Listening

Mindful listening means staying still and quietly noticing the sounds around you. You don't need to do anything – just listen. Try to hear things like birds singing, cars passing, or people talking. You can close your eyes if you want to. After a few minutes, write or draw the sounds you heard inside the frog's listening bubbles.



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