

Mindful Listening Meditation Script

This script is best if read by one person to another. The person listening to the script will be the one meditating. You could then swap over. A wind chime, bell or other gentle sounding instrument would be useful for this session. The bold text is instructions for the person reading the script.

Settling

'This script will help settle a busy mind. Start by finding a comfortable position. Have a wriggle, then relax and settle in a position where you can be still.'

Mindful meditation is about being present. It is not about getting things right or having a particular experience. We just focus and help our mind settle, as best we can.'

'This short Mindful Listening activity will help us bring our attention to the present moment.'

Main Practice

'We start by concentrating on the breath. Where can you feel the sensations of breathing in the body? Where can you feel it moving? Is it in the stomach? Is it in the chest? Maybe it's at the nose or the mouth. It doesn't matter where. We just bring our attention to the breath and the sensations of breathing.'

'Breathe in, breathe out. How does the breath feel?'

'Now try to focus on your sense of hearing and try to listen to the sound of your breathing. Don't change your breathing or make it noisy or heavy. Simply carry on breathing as normal, but try to hear it.'

'Next, try to tune in to any other sounds you can hear around you. We are calm, still and quiet, so we might be able to hear the clock ticking, sounds outside our room in the corridor, or sounds outside the window.'

'If the mind wanders, if you daydream, that's OK. Whenever this happens we just notice this and start again and bring our focus back to the sounds we are trying to listen to.'

'From here we can focus our attention on a particular sound. Keeping your eyes closed, listen carefully to hear the sound of the wind chime **(or bell/cymbals/triangle – whichever instrument you have to hand for this session)** think of any words that spring to mind, or anything it reminds you of. Does the sound make you picture anything in your mind's eye? Just focus on the words or images your mind has linked to the sound for a moment.'

'Now listen for the sound again.'

Move to a different place in the room and make the sound again.

'Has the source of the sound changed? Did it seem to come from a different direction? Listen carefully for the sound, which may come from a different direction each time. Focus entirely on the sound.'

Move around the room and make the sound again. Repeat several times.

'And now, starting at your feet, focus on a different part of the body, each time you hear the sound.'

Repeat the sound several times, while children focus on different body parts.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)