

Sounds of Silence

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students find a quiet, silent space to sit or lie and be thoughtful as they relax.

Why Do It?

Meditation and mindfulness activities can help relieve stress and reset your mind after a stressful activity or day.

How Do We Do It?

Students choose a silent moment between classes or activities.

Students sit or lie in a comfortable position.

Encourage students to listen to the sounds in the environment, inside the room, outside the room but in the building, or outside the building.

Encourage students to listen to the sound of their own breath, the sense of their heart beating. They simply observe and notice without labeling or judging themselves in any way.

Note to students that any length of time spent doing this is helpful.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Consider playing a mindfulness or mediation soundtrack for all students to engage in.

Create a permanent space in a library or classroom for silent activity and reflection.

Adapted from: Bounce Back ... Again, 2nd Edition. Retrieved from

https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web_0.pdf