



Mindfulness with Aloha Breath



Lesson 6 – The Ears (Pepeiao), Mindful Listening

Grade Level: Pre-K-2

Objectives:

- Empower students with a research-based, social emotional tool (mindfulness) that is grounded in the values of aloha - aloha breath (AB).
- Develop students' growth mindset by increasing students' awareness, connection, and relationship with their ears.
- Strengthen social emotional learning by encouraging students to notice how the ears hear/listen are influenced by parts of the brain: Dino (brainstem- defender, instincts, anger), Hippo (limbic system/hippocampus- protector, memory, emotions, wanting), and Bear Awareness (prefrontal cortex- calm, peaceful, wise observer).

CCSS Benchmarks: HE.K-2.1.5 (Personal Health/Wellness), HE.K-2.3.1 (Mental/Emotional Health), HE.K-2.5.2/HE.K-2.5.4 (Communication Skills), HE.K-2.6.1 (Decision Making Across Topic Areas).

Materials: *Mindfulness with Aloha Breath* storybook, chime/bell, music player

Purpose:

- Promote academic excellence by providing students with research-based attentional training strategies that strengthen the prefrontal cortex.
- Foster students' abilities to cultivate healthy habits, self-awareness, self-regulation, and prosocial behavior by encouraging students to be aware of their inner/interpersonal experience before reacting to stimuli.
- Improve students' physical, mental, and emotional well-being by increasing their ability to pause in order to listen with greater awareness (mindful listening).

Mindful Listening:

- Foster students' understanding of the function of the ears by asking them to recall the role ears played in the story. Invite students to reflect on how their ears have helped them in the past.

- Guide students in growing awareness and appreciation of their ears by gently pulling, rubbing, and massaging both ears simultaneously, sending them love, care, and gratitude for listening to all the sounds of life.
- Expand the discussion to include how context (feelings, thoughts, circumstances) impacts how well ears can or cannot hear. How well we listen depends on how well we are feeling (the state of our body-heart-mind) in the moment. Ask students to explore how Dino, Hippo, and Bear Awareness affect listening.
 - Dino: "When you are tired (bored, upset, happy), how well can you listen - what do your ears pay attention to? Do you find it hard to listen to your parents and clean up your toys when you are tired, hungry, or in a bad mode? Or when you are upset, can you hear how loud you are crying or screaming?"
 - "When Dino is present with ears, it's very hard to actually listen to anything except what you feel you want. Can you share a time when that has happened to you?"
 - Hippo: Have the class remember a story/show they enjoyed, and connect memory with Hippo: "Is there a story that you like to hear over and over again? That's Hippo! Hippo lets ears know that this is a story you like and want to hear it again.
 - "Can you tell me about a show you really liked and what happened? That's because you have Hippo (memory)! How do you know what music you like vs. don't like? That's because you have heard it before or it sounds familiar to you. Hippo stores all those sound memories."
 - Bear Awareness. Explore how a *pause* supports listening without interrupting. Dive deeper into the importance of listening to the heart- inaudible, inner feelings and heartfelt wishes: "Bear Awareness also helps you to listen to your heart, to know how you are feeling right now on the inside."
 - Expand heartfelt listening to empathizing with classmates/others: "How can you listen with your heart and Bear Awareness to your classmates? Aloha (i.e., kindness, gentleness, patience)."
 - Role play what good active listening (eye contact, body position, not speaking, asking questions) looks like, versus unskillful listening (running away, interrupting, etc.)
- Explain that like plugging into an electricity outlet and quietly charging up, Bear Awareness gets lots of energy from being silent and still: "To grow, Bear Awareness needs space to be silent, still, and awake- listening with the heart to oneself and others, and hearing everything within and around- like a superhero!"

Ears Yoga/Activity

- Utilize the below activities to increase students' awareness of ears/listening function.
- Encourage students to experiment with sustaining their attention intentionally, despite outside distractions with the "notice without a reaction to the distraction" game:
 - "I am going to try to distract you, and you try to ignore the distraction, not react, and stay focused on your breath. Be as still as a frozen mountain. If you get distracted, move, or react to anything, you're out."
 - See if students can increasingly sustain their attention in rounds. Round 1- warm up round with 10 seconds of silence- pure focus/bear awareness. Round 2- verbalize distraction (hey, look a unicorn!). Round 3- laugh, be silly/tell a joke. Round 4- one whole minute of silence with occasional claps.
- Superhero Ear-O Training 1. "If you're comfortable, close your eyes. Now listen deeply to the sound of this bell for as long as you can, even into the silence; if you get distracted, just bring your attention back to the present moment's sound. When you cannot hear the sound anymore, raise your hand."
- Superhero Ear-O Training 2. "Sit in your bear awareness pose, letting your hands rest in your lap peacefully. Now listen with your left ear to the sounds on your left side. (Don't worry if you get your left and rights mixed up, just pick one side.) Keep listening, noticing how the sounds may change, get louder, softer, disappear, or stay the same. Now switch and listen with only your right ear to the sounds on the right side, listening as deeply as you can. Keeping your body still and chill, listen to the sounds in front of you, maybe cars/trucks passing by, or the sound of my voice, or electricity humming, or birds singing. Move your attention to the sounds closest to you, maybe inside you, your own breath. And now furthest from you. Now zoom in on one single sound, picking just one, whether wind or birds, your choice, and listen only for that sound. Now listen to all the sounds at once. Let your mind be open like the sky, with bear awareness, just noticing."
- Music/Freeze Dance Game: "When you hear the music, dance however you fancy! When the music pauses, you pause too- as quickly as you can being as still and silent as you can; breathing deeply when there is the pause, dancing fully with the sounds of music!"

Activity Assessment:

- Assess students' understanding of ear's function/ mindful listening practice, and see if students can apply mindful listening creatively: "What are some of the most important things in life to listen to?"

Reflections

*Sometimes, simply doing nothing but listening to someone is the most supportive act one can do.

LESSON PLAN ASSESSMENT:

Please scan this QR code or click the link to provide us with a quick, anonymous assessment of the lesson plan:



[Assessment Link](#)

CONTACT US:

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