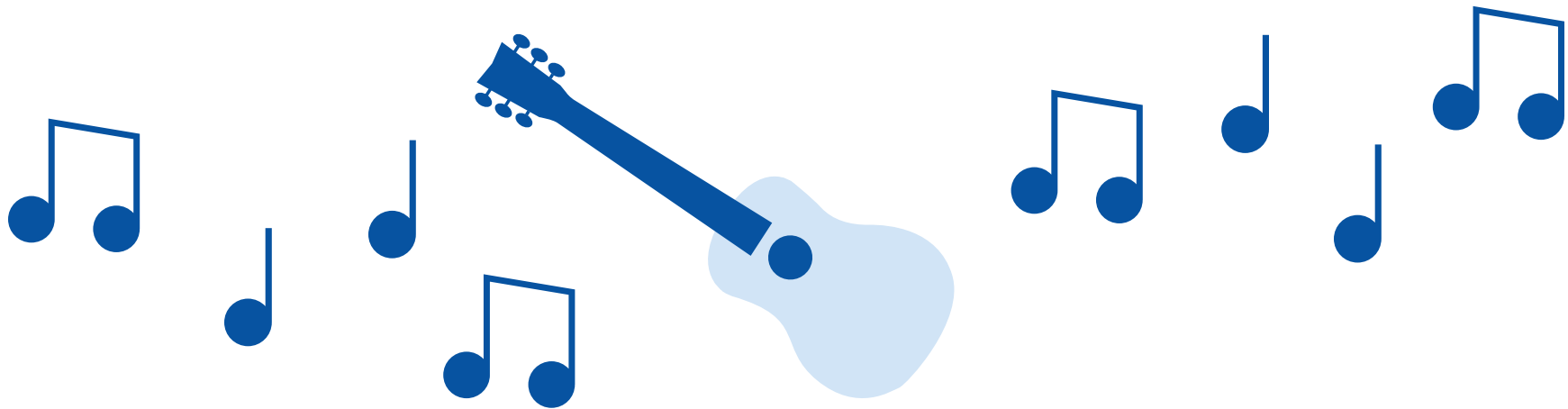


# Mindful Music Activity

## Instructions:

Many of us listen to music as an activity we enjoy, but let's try to pay attention to music in a different way today. Sitting comfortably in your chair, let yourself really listen to a song as it is played for 1 minute. No need to talk, write, or move around—just listen. Once the song has stopped, write down what you noticed in a box below, including what title you would give the song based on what you heard, any thoughts you had while listening to the music, any feelings you noticed while listening, and any urges or body sensations that were present during the song. Repeat listening and recording observations for each song played.



**My title:**

**Thoughts I noticed:**

**Feelings I noticed:**

**Body sensations I noticed:**

**My title:**

**Thoughts I noticed:**

**Feelings I noticed:**

**Body sensations I noticed:**

**My title:**

**Thoughts I noticed:**

**Feelings I noticed:**

**Body sensations I noticed:**

**My title:**

**Thoughts I noticed:**

**Feelings I noticed:**

**Body sensations I noticed:**