**Identify 10 Sounds**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Increase awareness**

**What will we need? 0**

**How do we do it? Instruct your students to listen and list (or say out loud) 10 things they hear.**

**Additional Notes:**

* **You can do this same thing with other senses.**

**Reference: https://www.blissfulkids.com**