



MINDFUL LISTENING TO MUSIC

It can be hard to stay focused with so many distractions in our lives. Practicing mindful listening as a family can build connections and help family members get in touch with their thoughts and feelings. Today, we will practice mindful listening to music, inspired by the work and musical favorites of artist Valerie Maynard. Maynard surrounds herself with music and books. Renowned artists including Stevie Wonder, Lena Horne, and Toni Morrison own pieces of her work.



DID YOU KNOW?

Listening to music can lessen feelings of stress, anxiety, and physical pain.

for more info, see [apa.org/monitor/2013/11/music](https://www.apa.org/monitor/2013/11/music)

GET INSPIRED

Take a virtual tour of the *Valerie Maynard: Lost and Found* exhibition: artbma.org/maynardtour



LET'S GET STARTED.

- 1 Gather the family and find a comfortable spot. You can sit on chairs, a couch, or the floor. You can also lay down.
- 2 Choose a song. This can be a song that is familiar to the group or one that you've never heard before.
Try a song from the Valerie Maynard: Lost and Found playlist on Spotify (artbma.org/maynardmusic) or find a song inspired by the playlist such as Superstition by Stevie Wonder, or I'm Old Fashioned by John Coltrane
- 3 Take 3 deep breaths. Breathe in through your nose and out through your mouth. Remember to breathe slowly—no need to rush.
- 4 Play the song. Listen closely. Feel the music. Your eyes can be open or closed.
- 5 After listening to the song, ask each other:
 1. How did the song make you feel? Did your feelings change during the song or did they stay the same?
 2. Did the song have a singer? What changes did you notice in their voice?
 3. Can you name some of the instruments you heard in the song?
 4. Did you find this exercise difficult or easy? Why?
 5. If you closed your eyes during the song, what images did you see in your mind?
 6. If you kept your eyes open during the song, what objects or people captured your attention?

HAPPY LISTENING!