

SECTION 5

ACTIVE LISTENING AND SUGGESTED ACTIVITIES

From the selection, arrangement, recording, and sequencing of the music, to the many sonic technologies incorporated into the listening segments, TLP has been carefully designed to train many auditory skills and to help the listener maintain auditory attention or active listening.

Suggested Activities for Adults

Today's world is hurried and full of distractions. Something is always competing for our attention. We seem to always find it necessary to multi-task. We eat and talk on our mobile phone while we drive. We read the morning paper or watch the news while exercising on the treadmill, or pay the bills during the evening meal. Seldom do we just focus on a single activity and be fully present.

Listening is a conscious activity that requires our attention. An important objective of The Listening Program is to train the listener to focus on, and attend to, sounds, so that listening becomes an active process. To be a good listener is to focus and maintain auditory attention and be present. Learning to truly listen brings benefits that carry over into all aspects of our lives.

Resist the temptation to feel like you must be doing something "productive" during your Listening Sessions. Sit in a comfortable chair, kick your shoes off and look forward to some time spent just for you. Pay attention to what you are hearing; the beautiful music and sounds of nature, movement of instruments, the effect the sonic technologies are having on the sound. Focus on the sound of the violin or the cello. Where do you hear them? Which is playing the melody? What size room are the musicians playing in? Can you discover something new you have never heard before?

If you prefer to undertake some type of creative activity during your Listening Sessions consider arts and crafts, painting, drawing or sketching. Perhaps take a walk in the garden, or, if you must, do the laundry. Choose activities that do not demand a lot of attention, that still allow you to focus and listen.

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Activities such as reading, writing, working on the computer, watching television, etc. are not recommended during Listening Sessions since they tend to absorb your attention. Also, do not eat or chew gum during listening unless directed to do so by your Provider.

While it should be obvious, we have heard some stories of listening in situations that are unsafe. Do not listen with headphones while driving a car, truck or boat, riding a bicycle, motorcycle, or flying an airplane.

Your Provider may have additional suggestions on activities to do in conjunction with The Listening Program to better realize your particular goals and objectives.

Suggested Activities for Younger Listeners

Some children are content just to sit and listen to the beautiful music. Others are unable to attend without an activity to occupy their time. There are many activities that children can do during their Listening Sessions. These include coloring, drawing, doodling, finger-painting, sticker books, picture books, paint-by-numbers, simple puzzles, Play-Doh®, Toobers & Zots™, Brio®, toy cars, paper dolls or stuffed animals, to name a few.

For older children, quiet activities are appropriate, such as simple board games, checkers and arts and crafts.

Activities such as video games, television, reading, writing, homework, and working on the computer are not recommended. Children should not eat or chew gum when listening, unless directed to do so by your Provider. Also, never wear headphones while riding bicycles, skateboards, scooters, rollerblades, etc..

Your Provider may have additional suggestions. If your child is using TLP as part of a therapeutic or educational program, there may be activities that can be completed in conjunction with listening to further the benefits of each. Clinical experience has demonstrated that using The Listening Program helps decrease the time needed to meet treatment and educational goals. ∞