

THE LISTENING PROGRAM®

RECOMMENDED LISTENING ACTIVITIES

Sound is everywhere, it is as much a part of our lives as the air we breathe, and the food we eat. But have you ever considered the impact of sound on your mental and physical health? Research shows that certain types of music can improve your health and brain performance. That's what The Listening Program is about, advancing your brain.

Our team of experts develops soundtracks of evidence-based music to improve your attention, memory, listening, creativity, and communication, while reducing stress, and enhancing your cognitive health, mood and sense of wellbeing.

Listening is done in one or two daily sessions for nine to thirty minutes in length, 5 days per week.

Listening Environment

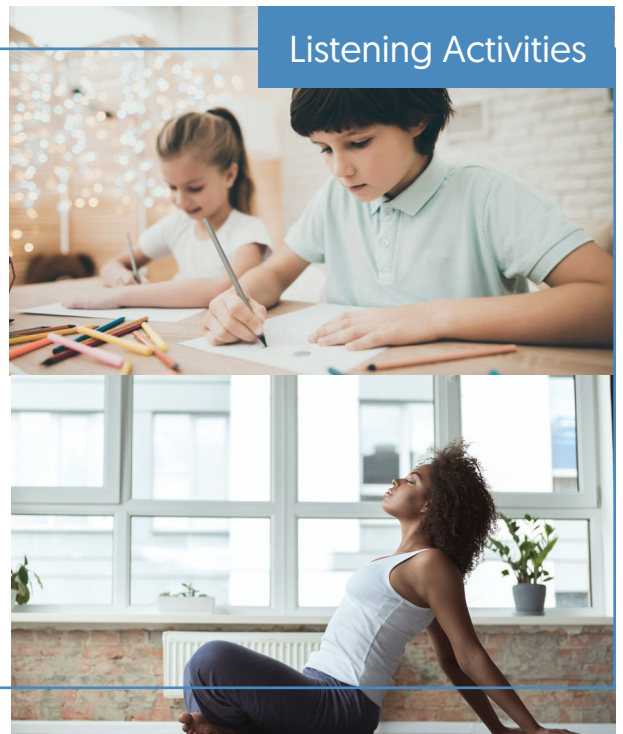


The listening environment should be quiet with minimal distraction, so the listener can be actively engaged in listening. Select a time of day and place that will minimize interruptions.

There are many activities that can enhance the listening experience. Activities may range from relaxing to moderately active and should be age appropriate. They should match the listener's interests and align with listening goals.

Many people will enjoy simply listening in a quiet space and this may provide the ideal way to focus on the music. Children may need something more to do while listening. Quiet activities such as puzzles, blocks, clay, and simple games are appropriate for young listeners. Fine motor activities could include bead work and handwriting practice. Movement activities can include walking, balance board, and swinging. Creative activities may include coloring, drawing and painting. Ask your provider what activities they recommend to optimize your listening session.

Listening Activities



Activities to Avoid



Activities that can take the listener's attention away from the music are not recommended. These include:

- **television**
- **screen time** - cell phones, tablets, and video games
- **logic-based activities** - homework, reading, writing
- **strenuous physical movements** - balancing exercises, if this is too challenging for the listener
- **safety distractions** - driving a car or operating machinery, riding a bike, skateboarding, riding a scooter, or walking near traffic when wearing headphones
- **eating** - especially chewy or crunchy food, which could interfere with hearing the music
- **sleeping** - unless that is the only way to get someone to keep their headphones on. If you notice that the person is falling asleep while listening, let them sleep, but for the next listening session, try to find something for them to do that will keep them engaged. It often helps if the person is sitting upright, in a comfortable position when listening.

Listener Success Tips



During the daily sessions, listeners will enjoy beautiful High-Definition recording that are integrated within a protocol that harnesses the brain's natural ability to change itself, through neuroplasticity.

Most listeners will find listening to be a very enjoyable part of their day. If you have any questions about listening activities or anything else to do with TLP listening, please reach out to your provider for support.