



MINDFUL MONDAY - MINDFUL OF SOUND WITH A BELL

Supplies: Bell with a resonating ring (could be a tingsha bells, a cowbell or any other softly ringing instrument; a chime sound from a phone also works)

Mindful Body For Mindful Me

Welcome students to Mindful Me time.

Play Mindful Me video (VIDEO 1 - BELOW) or read instructions below.

“Today, we will pay attention to sound. Before we begin, let’s create our Mindful Bodies. Choose a sitting position that feels good for you. You might sit in criss-cross. You might kneel on the ground, or you might like your legs straight out in front of you. Great choices!”

“Now imagine that your backbone is the trunk of a tree. Grow your tree straight and tall.”

“Let’s create Mindful Hands. Place your hands on your head to remind our brains that they can learn something new. Now cross your hands over your heart to remind you to act kindly towards others. Now place your Mindful Hands in your lap to show that you’re ready to learn.”

Mindful of Sound

Play Mindful of Sound video (VIDEO 2 - BELOW) or read instructions below.

“One way that we learn to pay attention to the world around us is to become mindful of the sounds we hear. I’m going to ring this bell one time. Notice what it sounds like.” [Ring the bell and let the sound go until you cannot hear it anymore.]

“How would you describe the sound the bell made?” [loud, soft, high, low, etc.]

“Now, let’s pay even closer attention to what we hear. Hold up one hand. I’ll ring the bell. When you no longer hear any sounds, place your raised hand in your lap. You’ll have to keep your voices quiet so that you can hear the bell all the way until the end.”

[Repeat this three times, having students lower their hands when they can no longer hear the sound vibrations.]

“How did the sound change as you listened? What did it feel like to listen all the way to the end? Was it challenging to keep your voice quiet?” [Elicit answers]

“Today, let’s pay attention to the sounds we hear and how they make us feel.”

Ask students to name their favorite sounds, sounds they find relaxing, sounds they find energizing, and sounds that they dislike or that cause them to feel anxious. You can also play/make different sounds (drum, horn, whistle, beep, music, etc.) and ask students to give a thumbs up if they like the sound, a sideways thumb if they feel neutral, or a thumbs down if they do not like the sound.

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