

FANTASTIC FRIDAY

Supplies: Wombat/Child's Pose Card from A-Z Deck, Bells



Sharing the Bell Game

Welcome students to Mindful Me. Encourage them to find their Mindful Body posture so that they are ready to listen and learn.

Review Child's Pose by showing the Child's Pose Card.

For variations on this game for Virtual Learning, you can use this Mindful of Sound Game video (BELOW).

"Today, each of you will get a chance to ring the bells."

[Demonstrate how to ring the bells gently and then choose a child to go first. If you are teaching virtually, you might ask students to bring a soft bell or create a sound that will be their signature sound. Offer suggestions like snapping, tapping a surface, crinkling paper, singing a particular note, humming.]

"Let's do Child's Pose. When Jade has rung the bells softly three times, we will slowly come up. Then it will be Carlos's turn." "Let's do Child's Pose. When Jade has rung the bells softly 3 times, we will slowly come up. Then it will be Carlos's turn."

[This game requires practice in turn-taking, patience, and mindfully paying attention to sound. Students might need practice and gentle reminders. If the group is large, you might have students take turns ringing the bell one time instead of three. You can also alternate ringing the bell and taking a flower power breath if students are getting restless or uncomfortable in child's pose.]