

**Hook:** Mindfulness is paying full attention to what we are doing or feeling at that moment. It can be noticing how the sun feels on your skin, how salty or sweet something tastes, or how your body feels when you run or jump.

**Teach and Model:** The way we think and what we think about can affect how we feel and how we act.

**Student Practice:** We are going to practice some mindfulness by focusing our attention on sound by putting all of our focus on the sound of the chime. Each time, you will listen to the sound and focus on it until you cannot hear it anymore. When you can no longer hear the sound of the chime, put up a hand. We will try this three times. As you listen, notice if any distractions get in the way of your focus. Do you hear other sounds? Do you have thoughts that interrupt your focus? That is totally normal. If you get distracted at any point, see if you can bring your attention back to the sound of the chime.

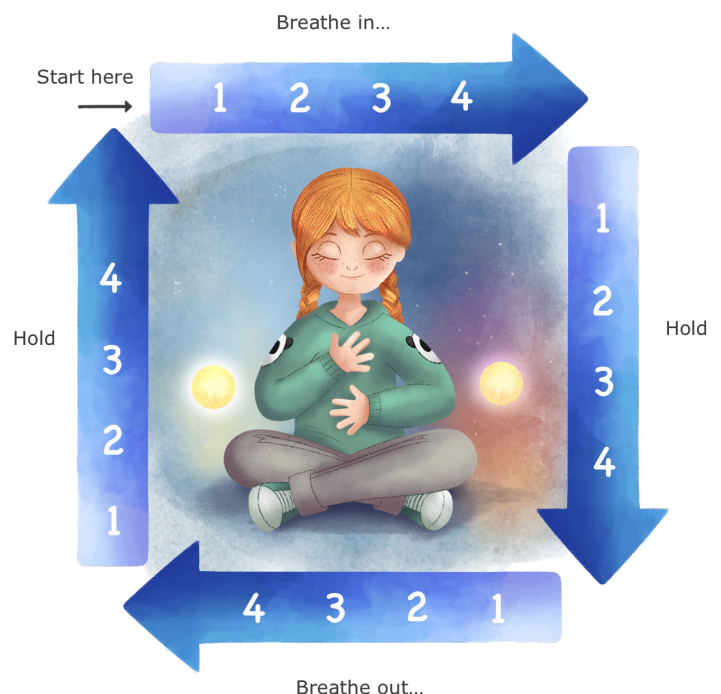
**Reflection:** How did you feel when you were listening to the chime?

- Were you able to keep your focus on the sound of the chime? If not, what distractions got in the way? What did you do to bring your attention back to the chime?
- How did you feel before listening to the chimes? How do you feel now, after the mindful moment?

**Resources:** Chime

**Discussion Prompts:**

1. How can a mindful moment like this help you when big feelings arise?
2. When might you try this Chime Time as a mindfulness strategy?



Name: \_\_\_\_\_

Grades 3-5

## I Feel...

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**Directions:** Take some quiet time to sit and reflect on your day. What comes up for you? Maybe you've felt joy, calm, or even surprised! Write below about how you're feeling right now, in the moment.

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