

MINDFULNESS BELL PRACTICE

1. FIND A BELL, CHIME, OTHER INSTRUMENT THAT CREATES A LONG LASTING EVEN SOUND. YOU COULD ALSO DOWNLOAD THE FREE APP AT THE END OF THIS DOCUMENT, WHICH HAS A VARIETY OF CHIME SOUNDS.
2. WATCH THE VIDEO WITH YOUR CHILD TO INTRODUCE THE BELL PRACTICE TO THEM.
3. WHEN LEARNING OR PRACTICING, FIND A COMFORTABLE PLACE TO SIT WITH YOUR CHILD. TAKE A FEW BREATHS BEFORE YOU START.
4. REMIND YOUR CHILD THAT WE ARE GOING TO PRACTICE BEING MINDFUL WITH OUR LISTENING, OR IN OTHER WORDS, PRACTICE LISTENING VERY CAREFULLY. WE ARE ALSO GOING TO FEEL OUR BREATH AS IT MOVES IN OUR BODIES.
5. RAISE YOUR HAND UP AND THEN RING THE BELL OR CHIME. ENCOURAGE YOUR CHILD TO LISTEN AS LONG AND CAREFULLY AS THEY CAN. IT OFTEN HELPS TO BE STILL AND TO CLOSE EYES, THESE CAN BE OFFERED AS SUGGESTIONS. KEEP YOUR HAND UP AS LONG AS YOU CAN HEAR THE SOUND.
6. WHEN THE SOUND HAS FADED COMPLETELY, PLACE YOUR HAND ON YOUR HEART SPACE AND FEEL EACH BREATH AS IT MOVES IN AND OUT. EACH CHILD MAY HEAR THE BELL SOUND END AT A DIFFERENT TIME. IF YOUR CHILD IS HAVING A DIFFICULT TIME LISTENING FOR THE WHOLE DURATION OF THE BELL, IT IS OK TO SHORTEN THE LENGTH OF THE SOUND.
7. RING THE BELL AGAIN AND REPEAT.

QUESTIONS TO ASK:

1. HOW DID YOU FEEL BEFORE WE STARTED?
2. HOW DID YOU FEEL WHILE LISTENING TO THE BELL?
3. HOW DO YOU FEEL NOW?

TIPS:

WHEN FIRST LEARNING THIS ACTIVITY, IT HELPS TO PRACTICE A FEW TIMES EACH DAY. WHEN FIRST LEARNING, TRY TO AVOID PRACTICING WHEN YOUR CHILD IS ALREADY UPSET. IT IS HARD TO LEARN A NEW THING WHEN YOU ARE ALREADY UPSET.

ONCE YOUR CHILD IS FAMILIAR WITH THE ACTIVITY, INTRODUCE THE IDEA THAT IT CAN BE HELPFUL TO TRY THE BELL PRACTICE WHEN THEY AREN'T FEELING THEIR BEST. MAYBE WHEN THEY NEED HELP FOCUSING OR WHEN THEY ARE FEELING WORRIED.

IF YOU ARE FEELING UPSET, IT IS HELPFUL TO FIRST TAKE A FEW BREATHS TO CALM YOURSELF BEFORE SUGGESTING THE PRACTICE TO YOUR CHILD. IF YOUR CHILD CAN SENSE YOU ARE UPSET WITH THEM WHEN YOU SUGGEST THE PRACTICE, THEY MIGHT BE RELUCTANT TO TRY IT.

WHEN CHILDREN BECOME FAMILIAR WITH THIS EXERCISE, THEIR BRAINS BEGIN TO CONNECT THE SOUND WITH MINDFUL AWARENESS AND IT BECOMES A SIGNAL FOR THEM TO PAUSE, LISTEN AND TAKE DEEP BREATHS.

TRY TO USE THE SAME BELL, INSTRUMENT OR APP EACH TIME.

[HTTPS://APPS.APPLE.COM/US/APP/MINDFULNESS-BELL/ID380816407](https://apps.apple.com/us/app/mindfulness-bell/id380816407)



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★★★

Everyone

⚠ You don't have any devices.

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