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 **Mindful Bodies Exercise**

Ask t­­he children if they can get into your ‘mindful bodies’. (That means being still and quiet, sitting upright, eyes closed or lower gaze)

1. “*Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”*
2. Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound to encourage mindful listening.
3. “*When you can no longer hear the sound, move your hand to your chest and/or stomach and just feel your breathing*”
4. You can help students stay focused during the breathing with reminders like, *“Just breathing in … just breathing out*……*there is no wrong or right way to breath*…..” You can ring the bell at intervals to keep them focused.