**Mindfulness For Kids: Sound Signal**

***What you need:****a bell, chimes, or other item that makes a lingering sound before turning quiet (even some phone apps might have sounds that work). A [Vibratone](https://amzn.to/2IaJM4N) is great!*

To begin, ask the children to sit or lie comfortably. Ask them to close their eyes and encourage them to breathe deeply throughout the duration of the activity.

Next, explain that you’re going to make a sound, and that they should try to focus on the sound until they can’t hear it anymore. When they can no longer hear the sound, they should give a signal.

For a younger child, this part of the activity can be made especially engaging or fun. When the sound disappears, they can signal by opening their eyes, raising their hand, snapping their fingers, giving a big smile or through a different signal of their own invention. Tell the child that they should listen very hard for the sound for as long as they can, and only signal when it has completely disappeared.

Repeat the activity as many times as they like, perhaps changing the “sound’s end” signal with each trial.

Ask the children questions about how the activity made them feel. Did they hear the sound longer than she expected? What happened to the sound as time progressed?

**Some children may enjoy taking the activity even further.** If that is the case, tell them that for the next round, instead of listening to the bell, they will listen to the sounds present in the room.

Try modelling for them at first, pointing out sounds such as the chatter of neighbours outside of the room or the ticking of the clock (but don’t give away too many sounds – allow them to discover most of these on their own).

When they give their signal, ask her what they noticed. Were there sounds present in the room that they had no idea existed? What were they? In the future, will they be more aware of sounds like these?

**A shorter version** can be used to calm down and to re-focus “on-the-spot” when anxious or overwhelmed.  To do this simply listen mindfully for a minute or two and try to hear at least five different sounds.