

“Mindfulness is paying attention to what is happening, here and now, both outside and inside us, with kindness and curiosity.”

Dr Amy Saltzman

MINDFUL ATTENTION BELL (3 VERSIONS)

Mindful Attention Bell (Short Version)

Closing your eyes (or if this is not comfortable you can rest your gaze softly downwards). Begin by taking a moment to sense your posture: feet flat on the floor (if sitting in chairs), spine lightly elongated, and your head resting gently on top - a bit like a balloon. Now listening to the sound of the bell and when you hear the sound stop, raise your hand . . .

Mindful Attention Bell (Longer Version with Hand on Tummy)

Today we are going to listen to the bell and we are also going to pay attention to our breathing. I'm going to ask you to close your eyes, listen the sound of the bell, and when you hear the sound stop – place your hand on your tummy. For a few moments, give your full attention to your breathing. Then I will ring the bell again and this time when you hear the sound stop – raise your hand. First bell: place your hand on your tummy. Second bell: raise your hand in the air.

Closing your eyes or resting your gaze lightly downwards. Taking a moment to sense your posture - feet flat on the floor, spine lightly elongated and head resting gently on top. Listening to the sound of the bell . . . Now place one of your hands on your tummy (palm downwards) and see if you can feel the movement of the breath beneath your hand. Just breathing in your own natural way - without any forcing or straining. Noticing how it feels as you breathe in and as you breathe out. You might notice your tummy going up a little bit as you breathe in and coming down as you breathe out. A bit like a wave. And allowing this wave of your breath to be soft and gentle. Feeling it rising and falling beneath your hand. Very lightly and easily. Letting your attention gently ride on the wave of your breath. Now I am going to ring the bell again - so giving your full attention to listening - and when you hear the sound stop, raise your hand . . .

Mindful Attention Bell (Longer Version)

Closing your eyes or resting your gaze lightly downwards. Taking a moment to sense your posture - feet flat on the floor, spine lightly elongated and head resting gently on top. Listening to the sound of the bell . . . Now gently shift your attention to your breathing. Simply noticing when you are breathing in and when you are breathing out. Without forcing or straining. And you don't need to change your breathing in any way. Just feeling the sensation of the breath softly flowing through your body. Noticing when you are breathing in and when you are breathing out. If from time to time your mind wanders and you find yourself thinking about something else, lightly let go of the thought, and bring your focus back to your breathing. Giving your full attention to this one breath right now. Seeing if you can notice the very beginning of the in-breath and follow it all the way through to the very end of the out-breath. Feeling your breath like a gentle breeze flowing through your body. Now I'm going to ring the bell again - so shift your attention to listening and when you hear the sound stop, quietly open your eyes . . . And let's see if we can bring our quiet attention to the next activity of the day . . .