

"Mindful Bell Moment" 🔔



Here's a simple way to bring mindfulness into your Montessori classroom (or even at home).

What You Need:

- A small bell, chime, or singing bowl.

How It Works:

1. Gather the children in a circle.
2. Strike the bell gently.
3. Ask the children to close their eyes and raise their hand when they can no longer hear the sound.
4. Repeat once or twice, allowing silence to settle after the sound fades.

Why It Works:

- It trains deep listening.
- It builds patience.
- It creates a shared moment of stillness that doesn't feel forced.

You can use this before transitioning between lessons or after outdoor play to bring the group back to focus.

