

Mira's Game

Time Needed:	1 to 10 minutes
Group Size:	Any
Objectives:	Building focusing skills, mindfulness
Materials:	Bell or tone bar (if you don't have one handy, a glass with some water in it works well for this activity too) Students will need an object, for example: a stone, seashell, or other small object
Links/Resources	Adapted from: <i>Mindful Games Activity Cards</i> by Susan Kaiser Greenland with Annaka Harris
Recommended Grade:	Grade 3 and below
Activity Description In this activity, students will shift their attention- from seeing, to feeling, to moving, back to seeing again- to notice all of the different things we can be aware of in every moment.	
Leading the Activity Instruct the students to sit with their back straight, muscles relaxed, with their hands resting gently on their knees. Have the students place their small object in front of them. Tell the students: <ul style="list-style-type: none">• “Look at the stone, and when I ring the bell, pick it up, close your eyes, and feel the stone in your hands for a moment” <i>Ring the bell</i> <ul style="list-style-type: none">• “Good. When I ring the bell again, open your eyes and look at the stone in your hands for a moment” <i>Ring the bell</i> <ul style="list-style-type: none">• “When I ring the bell a third time, place the stone back in front of you, and look at it again” <i>Ring the bell a last time</i> <ul style="list-style-type: none">• “Great! Let's go through the whole series again, but this time we'll do it without talking. I will ring the bell for each step” <i>Ring the bell once per step</i> Repeat the activity for as long as the students are engaged.	
Questions for Reflection	<ul style="list-style-type: none">• What was it like to focus on the stone?• What did you notice about the stone?
Notes	This activity could work well over Google Meet, and can also be provided to parents as an “assigned” activity- perhaps have your students write down what they noticed about their object!