

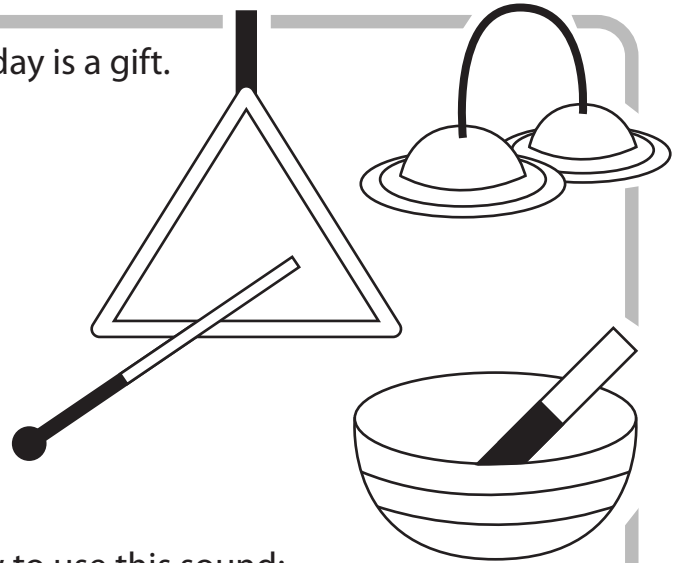
Name _____

Date _____

BEING PRESENT WITH A MINDFULNESS BELL ACTIVITY

Yesterday's history, tomorrow's a mystery, but today is a gift.
That's why we call it "the present."

Connect to the present with a mindfulness bell or sound. Gather one of the following: chime, triangle, vibratone, singing bowl, or a small Japanese bell called a rin gong.



Answer the following questions to reflect on how to use this sound:

- 1. What does it mean to be present?**
- 2. Why is it important to be present?**
- 3. How can a mindfulness bell help me be present?**
- 4. How will I use my mindfulness bell?**
- 5. When will I use my mindfulness bell?**