Deep Listening - Chime Meditation

What is Chime Meditation?

Chime meditation has children focus their attention on the sound of the chime until they can no longer hear the sound.

How does this help me?

The repeated refocusing of attention to the sound of the chime increases the student’s ability to concentrate. It also develops deep listening skills.

How do I do it?

- Ring the chime once or twice so the students get familiar with the sound.
- Begin with posture. Keep the back straight. Relax the body, yet keep it alert. Feet are flat on the floor (or sitting crisscross on the floor). Hands are placed on thighs or gently folded in lap.
- I am going to ring the chime several times. I want you to raise your hand when you no longer hear the sound of the chime. Then gently put your hand back down. I will ring the chime several more times after that. You will raise your hand each time when you no longer hear the sound of the chime and then gently put it back down immediately after.
- Let’s practice with our eyes open one time.
- Gently close your eyes.
- Ring chime allowing students to raise their hands when they no longer hear the sound. Pause for a moment before ringing the chime again (5 seconds or so). Repeat 4-5 times.
- Before you ring the last chime, instruct the students to open their eyes when they no longer hear the sound of the chime.

Discussion Questions

- What was it like to just focus on one thing, the sound of the chime?
- Were you able to concentrate? Or did you feel distracted?
- What did you notice about the room after we had this experience?

Note: Throughout the practice, we encourage students to be the leaders whenever possible to increase their confidence in their own meditation practice. Have the students ring the chime after you have led it a few times. Have them go through all the steps, beginning with posture. With the older students, have longer pauses in between ringing and have them place one hand on their belly to connect them to their breath. You can introduce that step to the younger kids after several chime meditation experiences. The goal is for them to get familiar with the practice of deep listening.