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Relax Time Chime

a sound cue for calm and settling in



A chime helps children settle into stillness. Once they associate the sound with quiet time, it can signal a relaxation moment, a gentle refocus, or a shared breath at the start or end of the day.

♥ HOW TO USE IT

Ring the chime and invite everyone to take one deep breath in together, followed by a slow breath out. Ask the children to stay quiet and listen carefully until they can no longer hear the chime.

Any chime works, and infants and toddlers are particularly drawn to the sound.

