



Objective: To help children practice focusing their attention through listening.

Teacher: Before beginning this activity, have the children take a couple of slow, deep breathes to calm their bodies.

Materials:
Tone Bar

Tone Bar Focus

INTRODUCTION

Have the children sit down with their legs crossed, with their hands on their knees.

Does anyone know what this is? It is a tone bar.

Today we are going to listen to a tone bar. Have you ever heard a tone bar?

MODEL

The tone bar is like a bell, but it rings for a really long time. Ready to hear it?

Tap the tone bar and let it ring for an extended moment and then stop it.

Did you hear the ringing sound get softer and softer? It was still ringing when I stopped it, wasn't it?

If I tap it again, do you think you can tell me when it is not ringing anymore?

You will need to listen very carefully.

To incorporate science concepts, tap the tone bar with a light, medium, and strong force. Ask the children to observe and describe what they hear. Ask them why the tones are different (concept of cause and effect).

NOW, IT'S YOUR TURN

OK, this is what I want you to do. When I ring the tone bar, I want you to listen to the ringing sound until it stops. When you don't hear it anymore, I want you to raise your hand.

There is something else I want you to do.
I want you to close your eyes.
Closing your eyes will help you focus and listen better.

Ready? Close your eyes.
I am going to ring the tone bar now.

Tap the tone bar.

Listen and raise your hand when the ringing sound stops.

REPEAT

Repeat several more times, varying the length of time of the ringing (short, medium, long, etc.).

TIPS

- This is a good transition activity, to help children calm down after they return from playing outside.
- This can be used in a large group, small group, or with individual children.
- Some children will prefer keeping their eyes open, which is fine.
- Another variation of this activity is to have the children focus on breathing deeply and relaxing their bodies as they listen to the ringing sound.