

Movement & Mindfulness Bell Ringers

How It Works

Start each class with light movement + a reflection prompt to build healthy habits and future readiness.

Bell Ringers



Walk & Reflect

Movement: Walk for 3–5 minutes

Prompt: “What’s one thing you’re good at that could help you succeed after high school?”



Stretch & Set Goals

Movement: Hold a stretch for 30 seconds

Prompt: “Set a goal for yourself this week that supports your future—physically, mentally, or academically.”



Balance & Barriers

Movement: Stand on one leg, switch

Prompt: “What’s a challenge you’ve overcome that made you stronger?”



Movement & Mindfulness Bell Ringers



Target Toss & Time Management

Movement: Toss beanbags/items at a target

Prompt: “What helps you manage your time well?”



Partner Push & Future Focus

Movement: Light resistance push with a partner

Prompt: “What’s one healthy habit you want to carry into adulthood?”



Breathing & Visualization

Movement: Seated deep breathing (4 in, 4 hold, 4 out)

Prompt: “Visualize your best future self—what are they doing, and how did they get there?”

Discussion

Encourage pair shares, journaling, or short group discussions after each bell ringer!

