

# Chime in, Tune out

spreading mindfulness through wind chimes



The Wind Chimes Project  
Emily Porter  
June 2016

"I listen to the wind, to the wind of my soul..."  
Cat Stevens

# B = M A T

How could I use  
**behavior design techniques**  
to enable students on campus to experience  
**moments of mindfulness**  
throughout the day?

## **Specific Behavior**

Students pause and reflect

B = M A T

### **Motivation**

Do students want to feel less  
stressed and busy?

### **Ability**

Are students able to pause and  
reflect during the day?

### **Trigger**

What will prompt students to  
pause and reflect?

# SNAP TEST 1 – NEAR CLASSROOMS



## SNAP TEST 2 – IN MORE FREQUENTED PUBLIC SPACE



Anonymous person  
re-fastened chime to  
tree branch using  
twine

# SNAP TEST 3 – NEAR GRADUATE APARTMENTS



"Are you in charge of  
the wind chimes?"

"I noticed them in  
other places on  
campus too"

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**Emily Porter**

June 4 at 8:56pm



Hey Hilgard! Have any of you been noticing the wind chimes? Let me know if you have (or if you haven't either!) Enjoy!

Like

Comment



Andrea Cuadra and 5 others

Seen by 41



**Shreya Deshmukh** I have and I love them! 😊

Like · Reply · 1 · June 4 at 8:57pm



**Joyce Chiong** I have too! Did u put them up??

Like · Reply · June 4 at 9:01pm



**Casey Fleeter** I've noticed!

Like · Reply · June 4 at 9:03pm



**Emily Porter** Yay! Thanks for the comments :) Yes, I put them up this week. I hope they will bring some enjoyment and mini-pauses of reflection/appreciation!!

Like · Reply · 1 · June 4 at 9:22pm



**Shreya Deshmukh** They give me joy!

Like · Reply · June 4 at 9:29pm



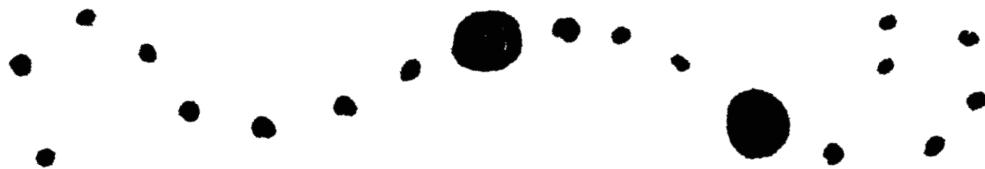
**Joyce Chiong** thanks so much for putting them up:)

Like · Reply · Yesterday at 1:37pm



Write a comment...





pause and reflect  
vs.  
mini moment of joy





Chime in, Tune out  
Thank you!!

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