

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?

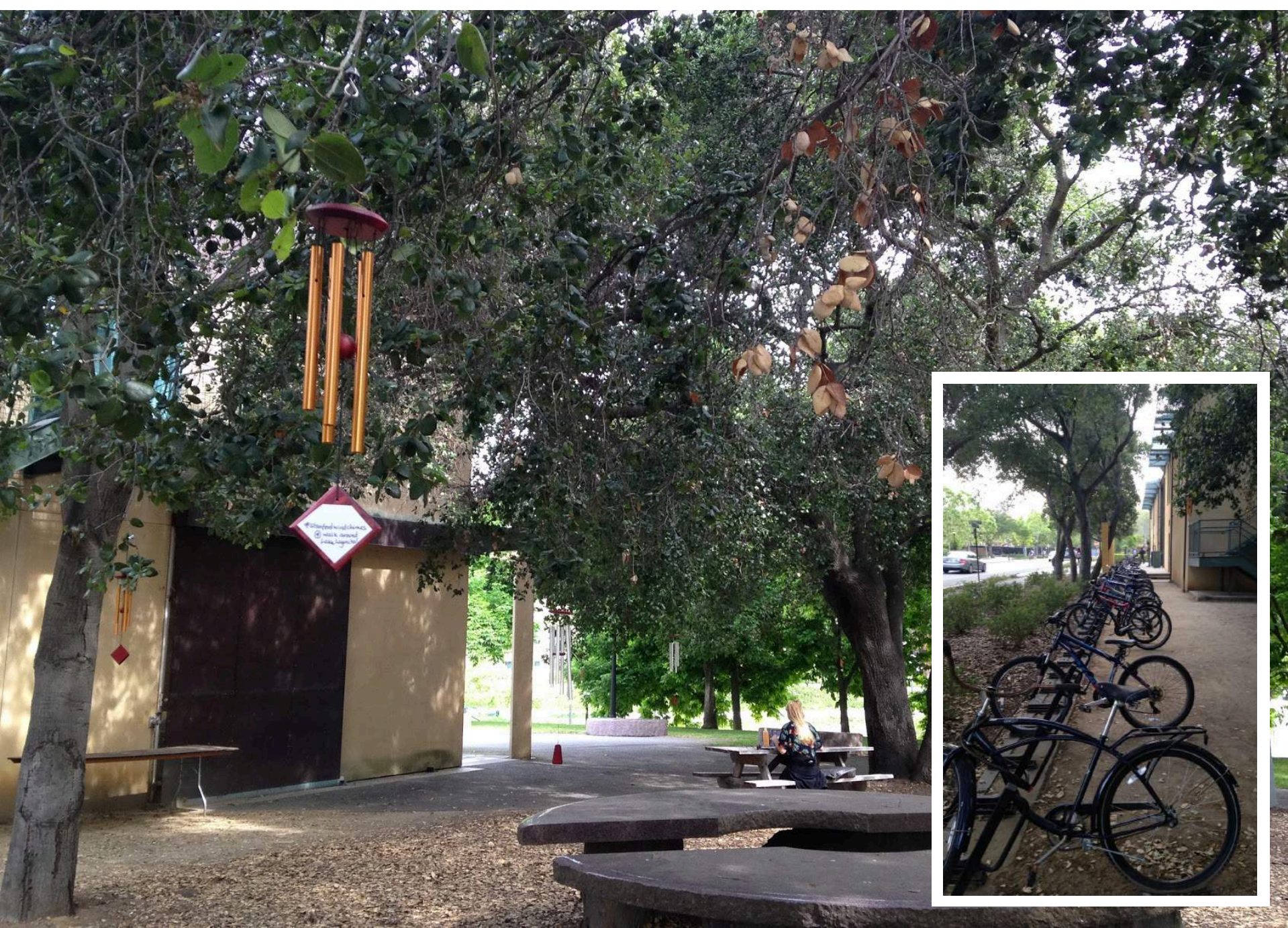
Ability

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"

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?

Specific Behavior

Students pause and reflect

$$B = MAT$$

Motivation

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stressed and busy?

Ability

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reflect during the day?

Trigger

What will prompt students to
pause and reflect?



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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