

Mindfulness for children



Benefits of Mindfulness

Mindfulness focuses children on the present. It can help them to become more aware and curious about their surroundings. Research has shown that mindfulness improves children's emotional wellbeing and reduces stress.

3 Mindfulness Techniques



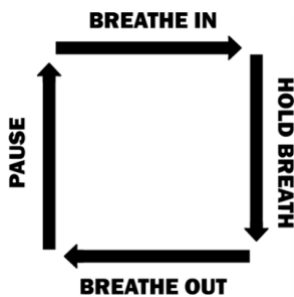
5 Senses

Collect a number of interesting things in nature, such as rocks, leaves, flowers or shells. Have the child spend time noticing it with their five senses. While the child is holding the object, call out each sense, giving the child time to experience the object with that sense. After a few moments, ask the child to tell you what they noticed.



Mindful Meals

Meals are an excellent time to encourage mindfulness in your children. Begin a present focused conversation by asking your child what they are feeling physically, what they are thinking about or what they are feeling emotionally. Also, have your child notice what the food tastes like and smells like rather than rushing through the meal.



Square Breathing

Teach your child the square breathing technique to help them calm themselves and stay present. Have them draw a square on a piece of paper and model for them each step. You can use a timer or count it out for them. Each step should be about 4 seconds.