

MINDFULNESS FOR KIDS

10 TIPS TO PRACTICE



#1

HAVE YOUR CHILD NOTICE AND NAME BODY SENSATIONS, THOUGHTS, AND EMOTIONS.

"My chest feels warm and I feel so happy when we are playing outside together like this." "It sounds like you might be nervous about this new situation. What do you notice in your body right now?" The more insight our kids have into their inner experience, the more they are able to choose appropriate responses.

#2



STOP AND BE AWARE OF SURROUNDINGS.

Whenever you find yourself waiting with a spare moment— in the grocery checkout line, at a doctor's appointment, walking to your car—pause, tune into the five senses, and share what you notice with one another.

#3



TAKE A MINDFUL NATURE WALK.

Move at your child's speed, which, of course, can vary from sprinting like a cheetah to slugging along at a snail's pace. Bring your sense of curiosity and adventure and allow your child to lead the way.



MINDFULNESS FOR KIDS

10 TIPS TO PRACTICE



#3

ESTABLISH YOUR OWN PRACTICE.

You would have trouble teaching your children ballet if you had never danced. To authentically teach mindfulness to your children, you need to practice it yourself. The more you infuse your lives naturally with mindfulness, the more apt you and your children will be to use it when things get stressful.

#4

BREATHE.



Practicing mindful breathing is a simple and effective way to help children calm their bodies and be present. There are many different kinds of breathing exercises you can try with your child. Start with trying to take 10 deep breaths together.



#5

KEEP IT SIMPLE.

Mindfulness is a big word for young kids to understand. Put simply, mindfulness is awareness. It is noticing our thoughts, feelings, bodily sensations, and anything that is around us and happening right now.



MINDFULNESS FOR KIDS

10 TIPS TO PRACTICE



#6

CHECK YOUR EXPECTATIONS.

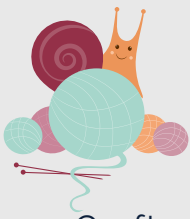
Are you expecting mindfulness to eliminate tantrums? To make your active child calm? To make your house quiet? If so, you are likely to be disappointed. While feeling calm or being quiet are nice side-effects of mindfulness, they are not the ultimate purpose.

#7

THANK
YOU

ESTABLISH A GRATITUDE PRACTICE.

Gratitude is a fundamental component of mindfulness. It teaches our children to appreciate the abundance in their lives, as opposed to focusing on all the toys and goodies that they want. Start trying this as a family at dinner, where you each share one thing you are thankful for.



#8

GET CRAFTY.

Crafts are an excellent mindfulness activity for kids. Encouraging kids to "notice stuff" is great, but you might need to make it more appealing to keep their attention and stir their imagination. You can evoke mindfulness in a fun way through a multitude of different, affordable crafting activities like knitting and drawing.



MINDFULNESS FOR KIDS

10 TIPS TO PRACTICE



#9

VALIDATE, IDENTIFY, AND GET PRESENT

When your child is upset, let him or her know that it's okay to be angry or sad. Validate their emotion so they can start focusing on what to do with it. We do not want our children to feel guilty for having these emotions, but we do want to teach them how to handle these feelings in a healthy way.

#10

EAT MINDFULLY.



This is a time when playing with your food is okay. Together, use your senses to observe the food. Enjoy the first few bites with careful attention to appearance, scent, feel, and taste. Or give your child a piece of fruit and ask them to pretend they are from another planet and have never seen this piece of fruit before. Ask them to describe their experience using all five senses. What does it look like? Smell like? Feel like? Taste like? Does it make a sound when you bite it?

**CHECK OUT OUR MINDFULNESS VIDEOS ON
OUR YOUTUBE CHANNEL AND OUR
FACEBOOK PAGE!**

