



Mindfulness for Kids

Program Plans 2019-2020

Summer 2019

Mindfulness for Kids

Date: 7/3/2019
Branch: ABWP
Led by: Caitlin Cromley-Linn

This Week's Mantra

There is no one better to be than myself.

Book:

Mae Among the Stars
by Roda Ahmed



Yoga Poses of the Week



Crescent moon



Star pose

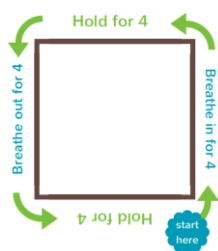
Activity of the Week

Galaxy Calm Down Bottle



Breathing Exercises

Square Breathing



Ball breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

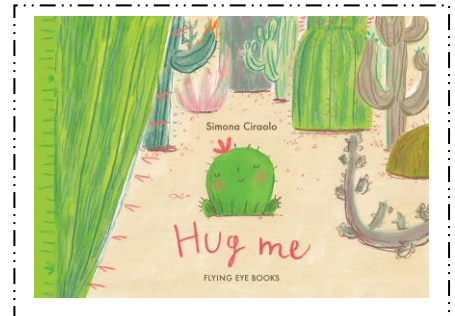
Date: 7/10/2019
Branch: ABWP
Led by: Caitlin Cromley-Linn

This Week's Mantra

I am thankful.

Book:

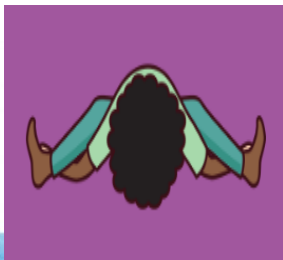
Hug Me
by Simona Ciruolo



Yoga Poses of the Week



Cobra pose



Turtle pose

Activity of the Week

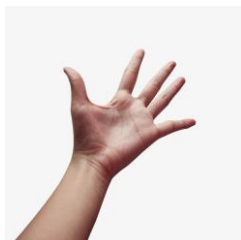
Edible Sand Art



Breathing Exercises

Belly Breathing

Take 5 Breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 7/17/2019

Branch: ABWP

Led by: Caitlin Cromley-Linn

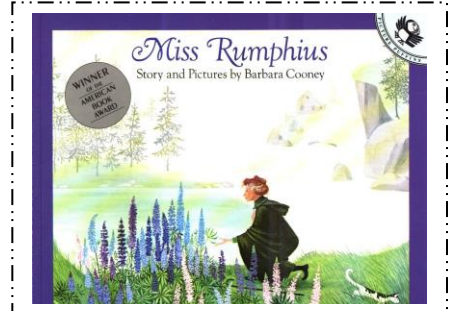
This Week's Mantra

I discover the beauty in everything.

Book:

Miss Rumphius

by Barbara Cooney



Yoga Poses of the Week



Flower pose



Butterfly pose

Activity of the Week

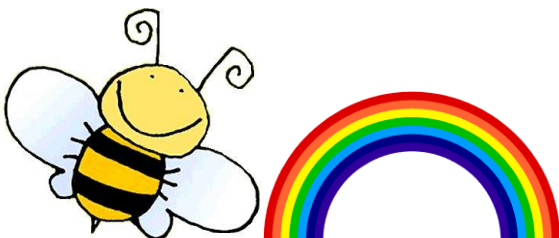
Gratitude Flowers



Breathing Exercises

Bumblebee Breaths

Rainbow Breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 7/24/2019
Branch: ABWP
Led by: Caitlin Cromley-Linn

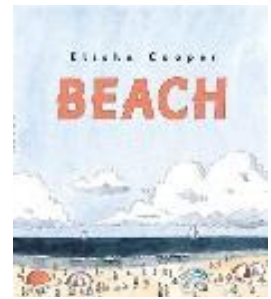
This Week's Mantra

I enjoy discovering something new.

Book:

Beach

by Elisha Cooper



Yoga Poses of the Week



Warrior pose



Downward facing dog

Activity of the Week

Marbled Sea Shells



Breathing Exercises

Ocean Breaths

Shoulder Shrugs



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 8/14/2019

Branch: ABWP

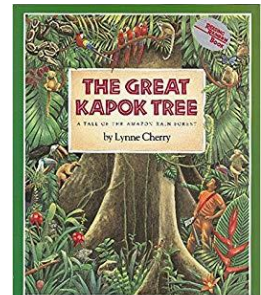
Led by: Caitlin Cromley-Linn

This Week's Mantra

I enjoy discovering something new.

Book:

The Great Kapok Tree
by Lynne Cherry



Yoga Poses of the Week



Warrior 3 pose

Cat pose

Activity of the Week

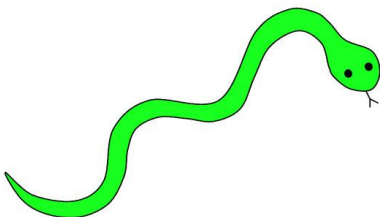
Rain Stick Bottle



Breathing Exercises

Alternate Nostril

Snake Breaths



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Fall 2019

Mindfulness for Kids

Date: 10/2/2019
Branch: ABWP
Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Hug someone tight and take 3 big breaths together. Even if they don't breathe with you, your breathing will ground them.

Book:

A River
by Marc Martin



Yoga Poses of the Week



Boat pose



Frog pose

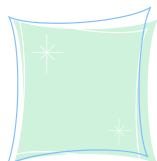
Activity of the Week

Paper Plate Rocking Boat



Breathing Exercises

Square Breathing



Bubble breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

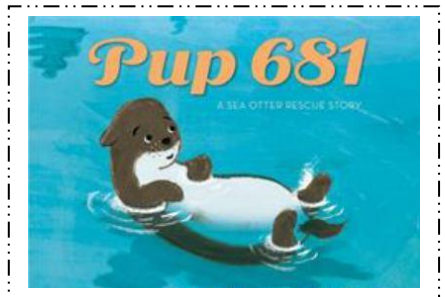
Date: 10/9/2019
Branch: ABWP
Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Consciously noticing the world around you can help bring you back to the present, especially when you're overwhelmed by stress or emotion. You can practice noticing five things you see, hear or feel through touch to help you be present.

Book:

Pup 681: A Sea Otter Rescue Story
by Jean Reidy



Yoga Poses of the Week



DOLPHIN POSE

Dolphin Pose



Bow pose

Activity of the Week

Sea Otter Craft



Breathing Exercises

Ocean Breaths

Shoulder Shrugs



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 10/16/2019

Branch: ABWP

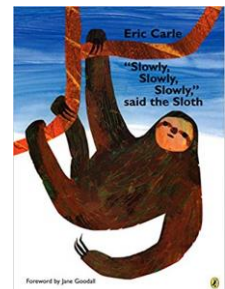
Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Try taking 10 deep breaths together. Ask your child to close their eyes or look down at the floor and put their hand on their belly. Ask them to breathe in so deeply that the air fills their belly. Show them how to breathe out slowly. If 10 breaths are too many, start with five and work your way up together with practice.

Book:

"Slowly, Slowly, Slowly," said the Sloth
by Eric Carle



Yoga Poses of the Week



Activity of the Week

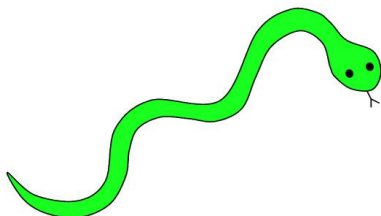
Hanging Sloth Craft



Breathing Exercises

Alternate Nostril

Snake Breaths



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 10/23/2019
Branch: ABWP
Led by: Caitlin Cromley-Linn

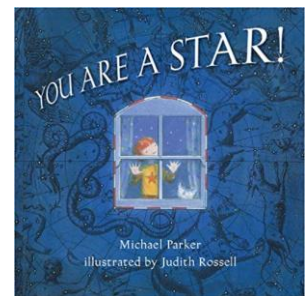
This Week's Mindfulness Exercise

Young children sometimes have difficulty naming their feelings, but drawing emotions can be a great way for a child to pay attention to what they are feeling at a given moment, and express it without words.

Book:

You Are a Star!

by Michael Parker



Yoga Poses of the Week



Crescent moon



Star pose

Activity of the Week

Star Twirler Craft



Breathing Exercises

S.T.A.R. breathing



Ball breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 10/30/2019

Branch: ABWP

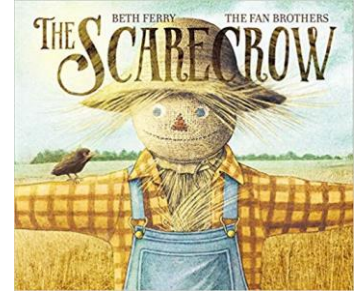
Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible.

Book:

The Scarecrow by Beth Ferry



Yoga Poses of the Week



Tree pose



Pumpkin roll

Activity of the Week

Popsicle Stick Scarecrow



Breathing Exercises

Flower Breath



Back to back breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 11/6/2019

Branch: ABWP

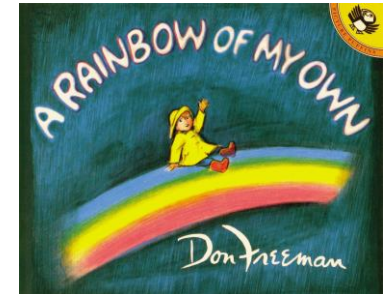
Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth.

Book:

A Rainbow of My Own
by Don Freeman



Yoga Poses of the Week



Rainbow pose



Thunderbolt pose

Activity of the Week

3D Rainbow Craft



Breathing Exercises

Rainbow breathing



Take 5 Breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 11/13/2019

Branch: ABWP

Led by: Caitlin Cromley-Linn

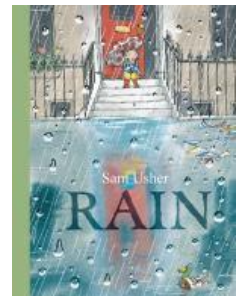
This Week's Mindfulness Exercise

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.

Book:

Rain

by Sam Usher



Yoga Poses of the Week



Lightning pose



Thunderbolt

Activity of the Week

Storm in a Cup



Breathing Exercises

Drain Breathing



Blow bubbles



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 11/20/2019

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Led by: Caitlin Cromley-Linn

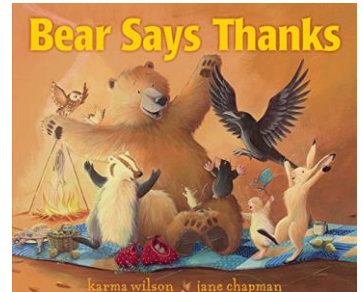
This Week's Mindfulness Exercise

Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm." Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.

Book:

Bear Says Thanks!

by Karma Wilson



Yoga Poses of the Week



Triangle pose



Resting pose

Activity of the Week

Gratitude Sunflower



Breathing Exercises

Woodchopper Breath



Object movement



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Winter 2019-2020

Mindfulness for Kids

Date: 1/8/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

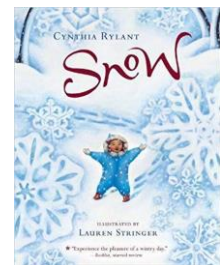
This Week's Mindfulness Exercise

Focus on developing concentration. Concentration is the anchor of mindfulness. If you imagine mindfulness as the ship, yourself as the ship captain who steers the ship and decides where to place the anchor, then concentration is the anchor and the object of your mindfulness, such as your breath or steps, is the anchor point.

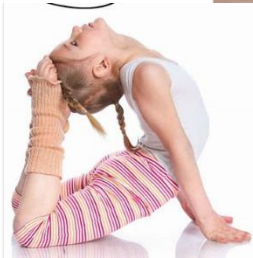
Book:

Snow

by Cynthia Rylant



Yoga Poses of the Week



Activity of the Week



Breathing Exercises

Hot cocoa breathing



Buddy breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 1/15/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

It might sound odd but placing your focus on something that isn't yourself can be an easy mindfulness tool. Like focusing on the breath, placing attention on a glass or a blade of grass can bring us into the moment. Every time the mind wanders bring it back to the object until reaching a place of calm.

Book:

Mice Skating

by Annie Silvestro



Yoga Poses of the Week



Activity of the Week

Ice Skates

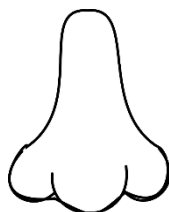


Breathing Exercises

Shoulder Roll Breath



Alternate Nostril Breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 1/22/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Take a nature walk. It gives children a chance to get some fresh air and benefit from the endorphins that are released with exercise, and also helps them to learn to just be in the present.

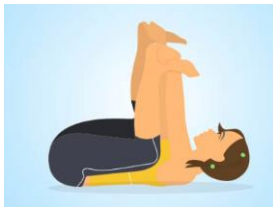
Book:

Owl Moon

by Jane Yolen



Yoga Poses of the Week



Activity of the Week



Breathing Exercises

3/3/3 Breathing

Mountain Breath



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 1/29/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

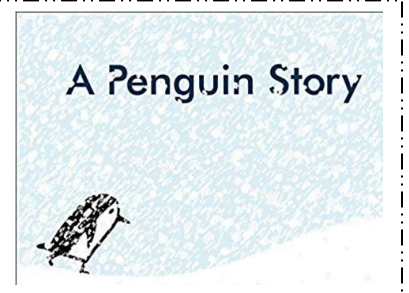
This Week's Mindfulness Exercise

Come up with a positive mission statement. If you feel a little silly repeating a mantra, you're not alone, but there's good reason to start your day with a positive statement or to use it when you are feeling anxious: Focusing on a few carefully chosen words helps you to focus on those words and how you're feeling when you say them.

Book:

A Penguin Story

by Antoinette Portis



Yoga Poses of the Week



Eka Pada Hamsa
Parsvottasana
This bend adds to the challenge of balancing.
It opens up hip and shoulder joints.



alamy stock photo

Activity of the Week

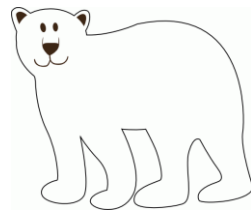


Breathing Exercises

Penguin breathing



Polar Bear Breath



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Date: 2/5/2020
Branch: ABWP
Led by: Caitlin Cromley-Linn

Date: 2/5/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

Talk about gratitude. Chances are you've taught your child to say "please" and "thank you," but have you ever taught them to express true gratitude? Try going around the table at a family meal and name something they're grateful for. It could be something they play with, time spent with a friend or family member, or something that happened that day. If we focus on the things that bring us joy and happiness, then that happiness expands.

Making a Friend

by Alison McGhee



Snowman breathing



1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 2/12/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

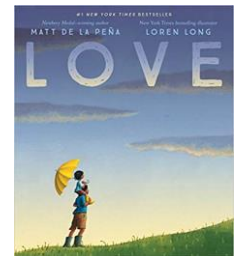
This Week's Mindfulness Exercise

Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in.

Book:

Love

by Matt de la Peña



Yoga Poses of the Week



Activity of the Week



Breathing Exercises

STAR Breathing



Flower and leaf breathing



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 2/19/2020

Branch: ABWP

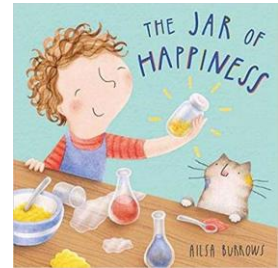
Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

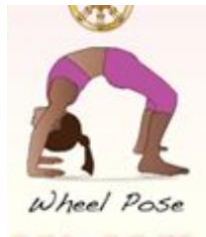
Create a mindful bedtime ritual. Bedtime is a great time to introduce mindfulness to kids. A great example is doing a short body-scan meditation before bed — close your eyes, and bring your attention to your toes, feet, legs, etc. It is a calming way to return to the body at the end of the day.

Book:

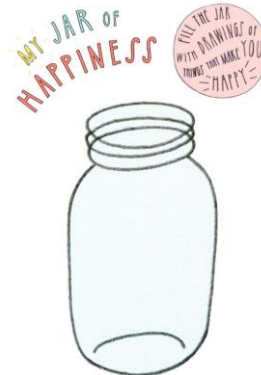
The Jar of Happiness by Ailsa Burrows



Yoga Poses of the Week

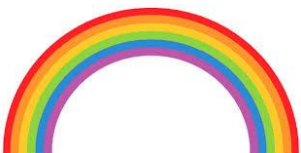


Activity of the Week



Breathing Exercises

Rainbow breathing



Bubble breath



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

Date: 2/26/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

This Week's Mindfulness Exercise

Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

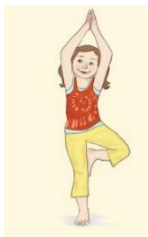
Book:

After the Fall

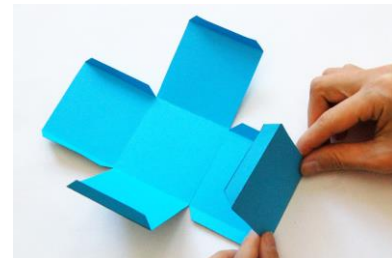
by Dan Santat



Yoga Poses of the Week



Activity of the Week



Worry Box

Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Breathing Exercises

Take 5 Breathing



Color breath



Mindfulness for Kids

Date: 3/4/2020

Branch: ABWP

Led by: Caitlin Cromley-Linn

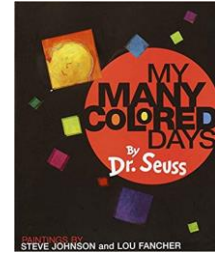
This Week's Mindfulness Exercise

Mindfulness includes awareness of what we're feeling, as well as the world around us. Young children sometimes have difficulty naming their feelings, but drawing emotions can be a great way for a child to pay attention to what they're feeling at a given moment, and express it without words.

Book:

My Many Colored Days

by Dr. Seuss



Yoga Poses of the Week



Activity of the Week



How Do I Feel Today? Puppets

Breathing Exercises

Twist Breathing



Lion breath



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing

Mindfulness for Kids

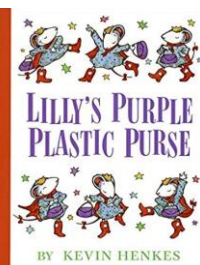
This Week's Mindfulness Exercise

The silence game is a classic mindfulness practice in Montessori classrooms around the world and is initiated when children are already feeling quiet and peaceful. When we play the silence game, we ask children to be as quiet as possible, not only with their voices but also with their bodies by keeping very still. When the game ends, use a soft voice to ask your child what he heard or saw while he was so quiet. Ask him to try to keep the quiet, peaceful feeling with him as he goes about his next activity.

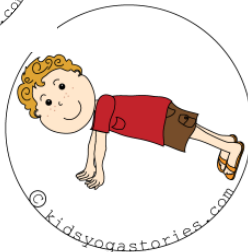
Book:

Lilly's Purple Plastic Purse

by Kevin Henkes



Yoga Poses of the Week



Activity of the Week



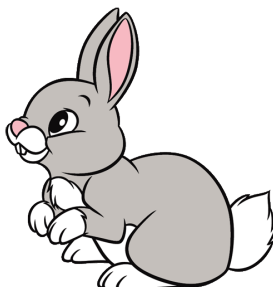
Kindness Flowers

Breathing Exercises

Snake Breath



Bunny breath



Program Schedule

1. Breathing Exercises
2. Yoga Poses
3. Storytime
4. Mindfulness Craft
5. Closing