

MINDFULNESS PRACTICE

Mindfulness for Kids

When our thoughts get stuck jumping from one worry to another, we can feel distracted and stressed. We can't turn our minds off, but we can learn to how to slow down and shift our focus. This can help you feel calmer and more in control.

Basic practice

- › Find a quiet place where you won't be disturbed.
- › Sit in a comfortable position. Uncross your arms and legs. Relax your body.
- › Close your eyes if that feels comfortable.
- › Notice what you hear, smell, and feel around you.
- › Notice the sensations of your body – your feet on the floor, the weight of your arms.
- › Now bring your focus to the in and out of your breathing.
- › Take a slow, deep breath. As you breathe in, say the word "RELAX" to yourself.
- › As you breathe out, say the word "CALM" to yourself.
- › Continue to breathe in and out, slowly and deeply.
- › Notice the feeling of the air moving in and out of your body.
- › If your mind begins to wander. It's okay. Be kind to yourself. Give yourself credit for noticing. Then imagine your thoughts drifting away like clouds in the sky.
- › Gently bring your focus back to your breathing. There's no right or wrong way to do this practice.
- › When you feel relaxed and ready, take a deep breath and breathe out slowly. Gently stretch your body. Wiggle your fingers and toes. Open your eyes.

Mindful moves

Walk like an alien. Next time you go somewhere familiar, pretend you are from another planet. Try to see your world with fresh eyes. What are the colors around you? What does the air feel like? What do you smell? Stay very quiet and pay attention to all the sounds you can hear.

Notice what's right in your world. All sorts of positive things are going on even when life feels hard. The trick is to notice. Challenge yourself to find three positive things each day. For example: I had a hot shower. I don't have a headache. I wasn't late for school.

Name your emotions. Instead of "I'm mad" (the anger *is* you), try saying, "I am feeling mad." It's a small difference, but you're telling yourself that this is a feeling that exists within you; it doesn't define you. It will pass.

Imagine yourself as your own friend. When you notice that you're being hard on yourself, imagine yourself as a good friend. Offer that friend your kindness when they're having a tough day. Forgive them when they make mistakes. Be patient with them.

Together, all the way.®



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