

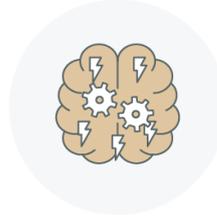
Mindfulness For Children Improves Their Levels Of Happiness:



IMPROVES MENTAL
WELLBEING



COMBATS
ANXIETY



HELPS TO
MANAGE STRESS



INCREASES
FEELINGS OF CALM



PositivePsychology.com

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

- First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
- Finally, use the following script or take inspiration from it to form your own mini-lesson:

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions” (Karen Young, 2017).

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having the kids focus on one emotion at a time, such as anger, and discuss how the shaken versus settling glitter is like that emotion.

Mindfulness Games for Kids

Blowing bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.

Playing with balloons. Tell your kids that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently. You can tell them to pretend the balloon is very fragile if that helps.

Texture bag. Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, forcing them to use only their sense of touch to explore the object.

Blindfolded taste tests. Use a blindfold for each child and have them experience eating a small food, like a raisin or a cranberry, as if it was their first time eating it.

Five-finger starfish meditation: this breathing technique has kids holding up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.

Heartbeat Exercise



Ask your child to stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



