

Mindfulness Activities to try 😊

Make your walks mindful. Have a "noticing walk." Take a quick stroll through our neighborhood and notice things you haven't seen before. Pay attention to all the sounds we can hear -- frogs, woodpeckers, a lawnmower.

Make a Mind Jar. A mind jar is a bit like a snow globe - shake it up and watch the storm! "A Mind Jar is a meditation tool to use whenever a child feels stressed, overwhelmed or upset. Imagine the glitter as your thoughts. When you shake the jar, imagine your head full of whirling thoughts, then watch them slowly settle while you calm down".

- 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.

Mindful Posing. One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

- **The Superman:** this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
- **The Wonder Woman:** this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips .

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised.

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.

Pinwheels. Use the same tactics from blowing bubbles to encourage mindful attention on the pinwheels.

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.

Cool Tips for Educators/Teachers/Guardians

- Keep the purpose of mindfulness practice in mind. Be sure to engage in mindful practice with children in positive situations, and never use it as a disciplinary tool.
- Make sure you practice mindfulness yourself!
- Set a daily routine for practicing mindfulness to make sure you incorporate it.
- Prepare the environment for successful practice; move the furniture around or have everyone switch positions.
- Involve students in the process; perhaps designate a different child each day to alert the class when it's time to practice mindfulness or help set up any tools or props.
- Share your own experiences with the kids; this will help them understand how mindfulness is applied and practiced in everyday life. Feel free to share how you redirect yourself when you feel distracted during a mindfulness session.
- Encourage the children to share their experiences as well, whether they were good experiences with mindfulness or experiences in which they got distracted. Maybe each session can end with a few students sharing how it went for them.
- Practice every day. The more you embed mindfulness into the daily routine, the easier it is to engage.

References

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