

5 FUN
MINDFULNESS
ACTIVITIES
FOR KIDS

1. STARFISH BREATHING



This exercise is sometimes called “5-Finger Breathing”. As you breathe in and out, trace around your fingers. On the in-breath, trace up the outside of your left pinky finger with your right index finger. On the out-breath trace down the other side. Repeat for the next four fingers. If your child is older or particularly enjoys this exercise, do all 10 fingers. Notice how you feel afterwards.



2.

SENSATIONAL CLAPS



This is often a favourite. Start with your hands shoulder-width apart and clap them together, returning them to their original position apart from each other. Do this type of clap three times, close your eyes and pay close attention to what you feel in your hands and fingers. Keep your body as still as you can and just feel for about 30 seconds. Talk about how it felt.

Alternative: Squeeze and clench your hands into a fist instead of clapping them together several times, then release, close your eyes and pay close attention to how your hands and fingers feel.

3.

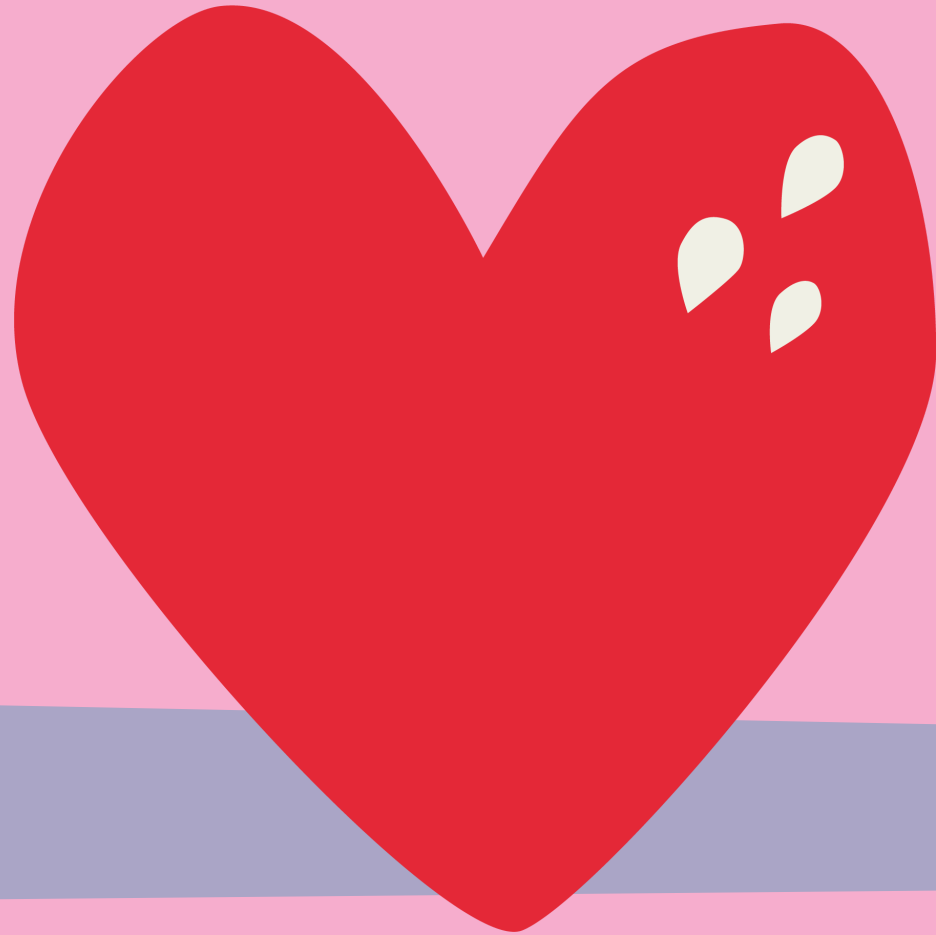
FACE BATH



Feel and listen as you rub your hands together to create a little bit of heat through friction. After 15 seconds or so, bring your hands to your face and press the warmth into it. Notice how it feels. Alternative: Instead of bringing the hands to your face, put them on your shoulders and give yourself a warm hug. Or, combine this with the Hand on Heart (see 4.) exercise for a warm heartfulness exercise

4.

HAND ON HEART



This exercise uses the hand on the heart as an anchor for mindful breathing. Put your hand over your heart. Feel its temperature. Notice the pressure of your hand on your chest. Feel your chest rising and falling as you breathe normally. Feel the rhythm of your breath for a few minutes. You can expand this exercise by imagining someone (a loved one, a friend, someone you find challenging or yourself) while you are breathing with your hand on your heart and send them kind thoughts.

5.

TEDDY BEAR RIDE



Ask children to lay on a mat and lay a teddy bear (or any soft toy) on their tummy and say: “now let’s watch the teddy bear go up and down”. Do this for 2-3 minutes. Notice how you feel afterwards.

