

Mindfulness for Children

Mindfulness helps you to become more aware of what is happening around you and more aware of your feelings. It also helps you to react calmly to different events. If you are feeling agitated or unhappy, sad or angry - mindfulness exercises can help you to calm down and relax.



Zen Den – 5 mindfulness exercises for children



A good place to start to learn about mindfulness is in the Zen Den with Jaime. Watch the video and practice along with her.

<https://www.youtube.com/watch?reload=9&v=Wsy2L9VvX90>

9 Mindfulness Activities

You could also try these ideas...try one a day and then use them when you need to calm down or cheer up! Put a cross through them once you have given them a try and use the ones that help you when you need to calm yourself.

Notice 5 things around you – look for things you might not usually notice – like a shadow or a crack in the paint.	Close your eyes and take 10 deep breaths.	Blow bubbles and watch them float away...do it slowly!
Go for a mindful nature walk – use all of your senses as you walk slowly!	Balance on one foot for as long as you can...keep your eyes on one spot ahead of you.	Listen to some calming music...close your eyes!
Do some mindful colouring...take your time and enjoy the peacefulness.	Notice three things you can hear right now.	Lie on the floor and tighten all your muscles and then let go and relax completely – repeat 5 times.