

## 9 MINDFULNESS *exercises*



See something special in every person you know



Stop looking at your phone while eating meals



Feel the warm sunshine on your skin



Relieve stress with bath meditation



Observe your inner experience while watching a movie



Focus your attention on your own breathing



Listen to the music and experience it on a deep level



Pamper and moisturize your body with self massage



Add guided meditation into your evening or morning routine

*Fun*

## 5 MINDFULNESS ACTIVITIES for children

by Big Life Journal

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**1 "JUST ONE BREATH" BREATHING ACTIVITY**

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.




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**2 CREATE A GLITTER JAR**

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.




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**3 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.




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**4 GOING 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.




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**5 TENSE AND RELEASE MUSCLE RELAXATION**

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



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# MINDFULNESS IN THE CLASSROOM

## Mindfulness Classroom Exercises

### MINDFUL BREATHING FOCUSING ON COLORS

- Have students sit up straight
- Feet on the floor and hands in their lap
- Eyes closed or looking down at hands
- Breathe deep in through your nose and out through your mouth (1,2,3, and 4)
- Focus on your breathing and think about your favorite color.
- Think of things you see in the world that are your favorite color. Continue breathing and thinking (2-3 minutes)
- Take a final long deep breath and open your eyes

### Disappearing Thoughts

- Invite students to join you on the carpet or seated at their desk. Whisper is preferred.
- Have students put their hands in their lap and close their eyes, or look down at their hands if that makes them more comfortable.
- Tell students to breathe in their nose counting to four and out through their mouth counting to four.
- Tell students to imagine that each thought they have is a cloud that is forming above their head.
- As you breathe in (1,2,3 and 4) think about this cloud.
- As you breathe out (1,2,3 and 4) imagine the cloud disappearing.
- Repeat using a new thought and cloud.

### MINDFUL LISTENING RINGING A CHIME

- Have students sit in a circle on the floor or at their desk.
- Invite students to fold their hands in their lap and close their eyes. If they are not comfortable closing their eyes, they can look down at their hands.
- Tell students "I am going to ring this chime, and we are going to listen to the sound until it disappears."
- When everyone is ready, ring the chime or bell if preferred.
- When the ringing stops, it is time to start working or listen to the lesson.

### Be A Bee

- Have your students start by using their thumb to cover the inside of their ear and their fingers to cover their eyes.
- Tell students to close their mouth and breathe in through their nose while counting to four.
- Then have students exhale through their mouth while making a low humming sound like a bee.
- Repeat!

## MINDFULNESS

What does it mean to be mindful?

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What mindfulness activity do you like the best and why?

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### MAKING MAGNET HANDS

- Start by having students sit up straight in their chair, or on the floor if desired.
- Then, have students breathe in through their nose counting to four and out through their mouth counting to four.
- Next, tell your students to put their hands out straight in front of their body shoulder width apart, and palms facing each other.
- Tell your students to pretend in their mind that there is a magnet moving their hands closer together.
- Have students bring their hands close together, but not letting them touch.
- Slowly move your hands apart.
- Repeat multiple times, while focusing on breathing.

## MINDFULNESS

Regulate behavior  
and  
focus on learning

## BELLY BREATHING

Breathe in:  
big belly

Breathe out:  
small belly

# Mindfulness Activities

Externalise the anxiety - this helps the student to separate themselves from the problem.

Anxiety is the problem, not the young person e.g. ask the young person what name they could give to the feeling? What colour they associate with it?

If it was a thing, what would it be and if it could talk, what would it say?

**Trace and Breathe**  
Trace along the rainbow with your finger as you breathe in and out



**5-4-3-2-1 Mindfulness**  
List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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