

10 Simple Mindfulness Activities for Kids

1. Practice kind thoughts by prompting your child to think of 5 people they'd like to send kind wishes to.
2. Tune into the body by getting down on your child's level and feeling each other's heartbeats.
3. Have a 'mindful' snack by describing the smell, texture and taste of the food.
4. Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels.
5. Have your child give you the 'weather report' on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out".
6. Find shapes in the sky by laying down together and choosing different objects to search for in the clouds.
7. Take a mindful walk pointing out sights and sounds along the way.
8. Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth.
9. Use a happy moment to 'soak in the good' by pausing with your child to observe the pleasant physical and emotional feelings present.
10. Explore gratitude by going back and forth with your child (for as long as you can!) to name as many things possible for which you are grateful.