

# Mindfulness Exercises

Monday, January 4<sup>th</sup>, 2021



# The Seeing Game



Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they have never noticed, Maybe there are some big things like a poster or a picture or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they have noticed.



# The power of listening



Ring a bell, a wind chime, or anything else that creates a long trailing sound. Ask each child to listen, and silently raise their hand when they can no longer hear the sound. After the ringing ends, ask the children to continue listening to any other sounds they can hear for the next minute. When the minute ends, go around the room asking everyone to tell you what sounds they heard.



# Teddy Bear Breath



- Have your kids lie down with a teddy or stuffed animal on their belly. Ask children to take deep breaths and let them watch as the stuffed animal moves up and down while they breathe, as if they are rocking it to sleep.





# References

<https://www.therapistaid.com/worksheets/mindfulness-for-children.pdf>

<https://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>

