

MINDFUL MOMENTS FOR KIDS

Let's make mindfulness fun!

Living in the moment...

1. JUST ONE MINUTE

START
HERE

Set a timer for one minute.

What can you see?
What can you hear?
What can you smell?
What can you touch?

Concentrate and focus **ONLY** on what's happening right now.



2. SPIDEY SENSES

Enter into a "spidey" state where for two minutes you move around the room with heightened spidey superpowers. (You are a superhero!) In this state you will pay close attention to what you see, hear, smell, touch, and even taste. Can you hear a lawnmower, birds, or cars? Can you see the T.V., windows, or table? Can you touch the carpet, water faucet, or front door?

3. FOCUS FLOWER

Find a flower (outside) and spend two minutes looking at it closely. (No flowers? Any object will do - rocks, pinecones, or leaves, etc.) Pretend you are looking at it for the first time. Can you notice all the intricate details? Look at the petals, lines, and colors. What does it smell like? What does it feel like? Take time to just notice.

