

MINDFUL AWARENESS FOR KIDS

Let's make mindfulness fun!

I think I can...

START
HERE

1. BODY SCAN

Squeeze the muscles in your shoulders for ten seconds. Now relax. Next, squeeze your stomach muscles for ten seconds. Relax. Move down your entire body tensing and relaxing all the different muscles. Does your body feel more relaxed? Less stressed?



2. STARFISH FINGERS

Hold your hand up and spread your fingers wide. Then, with the finger of the opposite hand, trace all your fingers, counting from one to five. Take turns tracing each other's fingers. This is a fabulous exercise to do at bedtime. It's rhythmic, soothing, and calming..

3. BLINDFOLDED SNACK TIME

Have someone else pick five different foods that fit inside your palm (apples, raisins, strawberries, etc.). Put on a blindfold. Use your senses to guess what you are eating. How does this food feel in your hand? In your mouth? Pay attention to the texture, smell, and taste.

