Mindfulness for Kids: Why and How?

Why?
- Mitigates the effects of bullying.
- Enhances focus in children with ADHD.
- Reduces attention problems.
- Improves mental health and well-being.
- Improves social skills.

How?

**Mindful breathing.** Focus on your breath, imagine a sail boat that rises and falls with each breath, envision your breath as a color, and pretend you’re a fish breathing air for the first time!

**Body Scan.** Lie back, close your eyes, squeeze every muscle as tight as you can, relax all of your muscles, and think about how your body feels.

**Heartbeat exercise.** Jump up and down or do jumping jacks for one minute, sit down and put a hand over your heart, close your eyes and pay attention to your heartbeat and your breath.

**Mindful posing.** Try the superman or the Wonder Woman pose and pay attention to how it feels, both physically and emotionally.

**Spidey senses.** Use all of your “spidey senses” - smell, sight, hearing, taste and touch - to notice what is going on around you.

**The mindful jar.** Fill a jar with water, add a spoonful of glitter, shake the jar to make the glitter swirl, and think about how your mind is like the jar - sometimes it’s crazy and chaotic and you can’t see very well, but when it’s settled, the glitter sinks and you can see clearly.

**Safari.** Go on an exciting adventure on your next walk, put all of your senses to work, and notice all the birds and bugs and creepy-crawlies, anything that walks or crawls or swims or flies.