

Mindfulness Exercises for Kids

zero  TO THRIVE 

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S.T.O.P. Like a Sloth



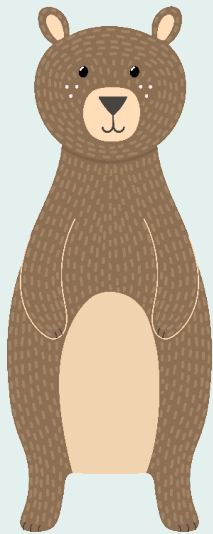
S: Stop. Whatever you're doing, just pause.

T: Take a breath. Take a deep breath in and out.

O: Observe. Notice what is happening inside you and around you. What are you thinking about? What are you doing? How do you feel?

P: Proceed. Now that you've had a moment to slow down and check-in with yourself, proceed mindfully.

Breathe Like a Bear



Sit up in a comfortable way. Close your eyes. Notice your breathing as you breathe in and out. Can you feel the place where the air tickles your nostrils?

Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving?

Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.

When your mind starts to wander and think about something else, gently guide your attention back to your breathing.

Relax Like a Rabbit



Sit quietly or lie down. Close your eyes and breathe.

Now think about the top of your head. In your mind, tell your body to relax the muscles in your head. Next, turn your attention to your shoulders, then down your arms. Soften and relax.

Continue with this through your body, replacing it with a sense of calm. When you are ready, wiggle your toes and fingers, open your eyes, and stretch out gently.

Enjoy the sense of peace and calm.

Squirrel Square Breathing



Before you get started, make sure you're sitting comfortably in a quiet environment.

Slowly breathe out through your mouth...

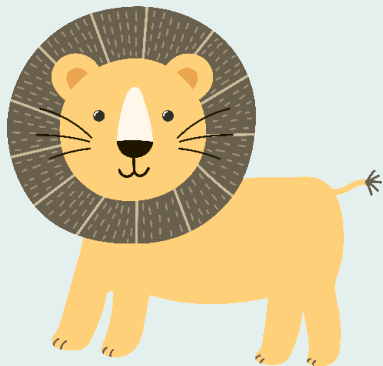
Hold your breath for a count of four.

Slowly breathe in through your nose...

Hold your breath for a count of four.

Repeat this until you feel relaxed.

Roar Like a Lion



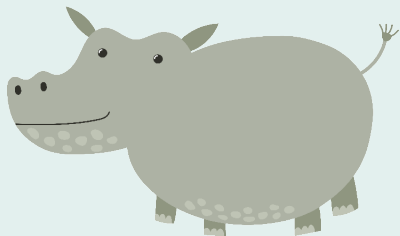
Get on the floor on all fours.

Take a deep breath through your nose.

Open your mouth as big as you can.

ROAR like a lion!

H.E.A.R. Like a Hippo



HALT — Halt whatever you are doing and offer your full attention to the person you are with.

ENJOY — Enjoy a breath as you choose to receive whatever is being communicated to you.

ASK — Ask yourself if you really know what they mean and if you don't, ask them.

REFLECT — You can repeat back to them what you heard. This tells them that you were really listening.

Zen Like a Zebra



There are a lot of activities you can do to help you become 'zen', or calm.

Color a picture, read a book, practice yoga, go for a walk outside, or write a story.

Make your own list of relaxing activities you can do for times when you want to feel more calm.

Focus Like a Flamingo



What does it mean to be present? Sit quietly and pay attention to what is happening right now, in the moment:

Notice five things you can see.

Notice four things you can feel.

Notice three things you can hear.

Notice two things you can smell.

Notice one thing you can taste.

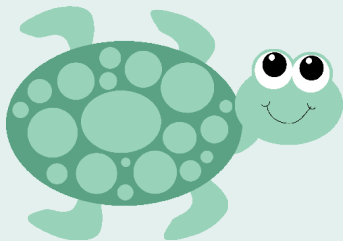
Tuck Into Your Turtle Shell

We all have our own home of feelings inside, like a shell we can tuck into when needed.

Move slowly like a turtle around the room. After a moment, curl up into your shell.

Pay attention to the thoughts and feelings you experience in your shell. What new thoughts and feelings did you experience?

What is another way to visit your home of feelings?



Go for a Rainbow Walk



Go on a walk and try to find something in every color of the rainbow. Find something that is red, orange, yellow, green, blue, indigo, and end with violet. Notice the colors. This is a mindful rainbow walk.

Mindfulness exercise cards compiled and designed by Laura Drayton
for Zero to Thrive.



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