Mindfulness for Children

Improves mental wellbeing



Helps to manage stress



Increases feelings of calm



Helps alleviate anxiety



**Mindfulness Games for Kids**:

1. Blowing bubbles

 Have your child focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.

1. Windmills

Use the same tactics from blowing bubbles to encourage mindful attention on the windmill as it turns.

1. Playing with balloons

Tell your kids that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently.

1. Texture bag

 Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don’t take the object out of the bag, forcing them to use only their sense of touch to explore the object.

1. Blindfolded taste tests

Use a blindfold for each child and [have them experience eating](https://positivepsychology.com/mindful-eating-exercises/) a small food, like a blueberry or a raisin, as if it was their first time eating it.