



Fun

**MINDFULNESS
ACTIVITIES**
for children

by Big Life Journal

Just One Breath

BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



Create a GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



Heartbeat Exercise



Ask your child to stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.

