

# MINDFULNESS ACTIVITIES FOR CHILDREN



## BALLOON BREATHS

Have the child imagine they are blowing up a balloon. Inhale deeply through the nose, then exhale slowly through the mouth as if blowing up a big balloon. Repeat 3-5 times.

## MINDFUL LISTENING

Ring a bell or chime. Ask the child to raise their hand when the sound is no longer heard. Then listen for other sounds in the room or outside.



## THE CALM DOWN JAR

Use a jar filled with water, glitter, and glue. Shake it up and watch the glitter settle as a metaphor for calming the mind.

## BODY SCAN

Guide the child through paying attention to each part of the body, starting with the toes and moving up to the head.



C DAWKINS  
NURTURING MINDS