

## Mindfulness Exercises For Children Worksheet

This mindfulness meditation focuses not to make you relaxed but to focus on your breathing pattern and your body sensations. Following are some of the techniques you can do as a part of your daily routine and schedule them as desired.

### Wake up

Right after waking up, do a deep breathing exercise.

#### Deep Breathing:

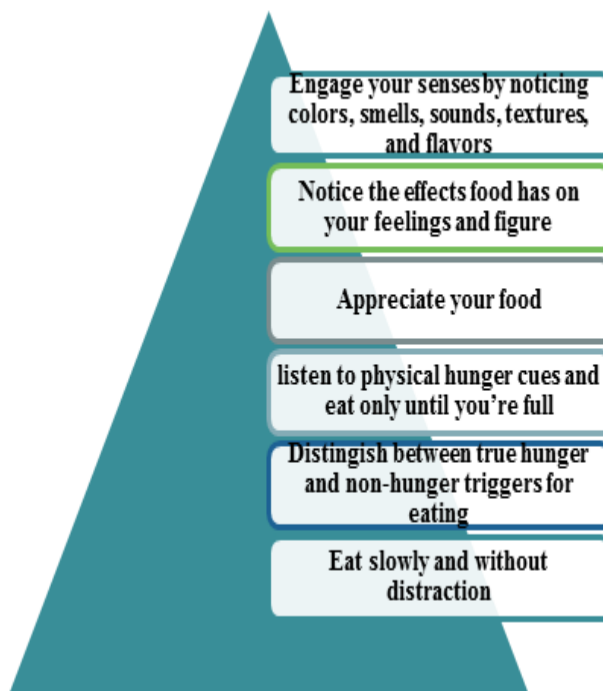
- Sit with your legs uncrossed, good posture, and put your hands on your thighs.
- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit).
- Hold for two seconds, then inhale out gradually through your mouth for five seconds. Repeat for 10 to 15 cycles.

Stop as quickly as you feel uncomfortable.

### Meals

#### Mindfulness Eating

Mindful eating is about developing awareness of your experiences, physical cues, and feelings about food.



## Play Time

You can ask your kids to do the following activities.

- **Mindful Coloring:** Color the printable sheets that you can use for a conscious coloring activity.
- **Mindful Gratitude Exercise:** A gratitude journal is a thank you journal, in which you are supposed to write the different reasons and appreciate the things you have been bestowed with. It is a gentle reminder to self; it will help you to be able to stay content and live in the moment.

## Bedtime

Before going to bed, do this exercise with your child to engage him with you.

### Body Scan:

- To begin meditating, sit comfortably, quietly, and close your eyes.
  - Start by relaxing your muscles, first in your feet, calves, and thighs, and then by shrugging your shoulders and rolling your head and neck around.
  - During that minute, thoughts will come and notice that those thoughts come simply and without any effort.
  - Bring the focus back to your body.
  - Notice the warm and sensations in your body and give attention to the minute tingling sensations in your body.
  - Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit).
  - Notice this feeling; the objective is not to get relaxed instead shift your focus towards your body
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- **Nature Walk:** Embark on an outdoor walk that will encourage your students to engage all of their five senses in observation.