

23 Mindfulness Activities for Kids

1. Send kind wishes to 5 people.
2. Bang on a pot/pan and invite your child to signal to you when they no longer hear the sound 'hanging' the air.
3. Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible.
4. Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowing releasing.
5. Tune into the body by getting down on your child's level and feeling each other's heartbeats.
6. Focus on breathing by building 'Elsa' ice sculptures'. Take a deep breath in (don't forget to smell the 'chocolate fountain on coronation day!') and then slowly blowing out to create amazing ice creations.
7. Have a 'mindful' snack by describing the smell, texture and taste of the food.
8. Try a guided meditation from the Insight Timer app to wind down at bedtime.
9. Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels.
10. Have your child give you the 'weather report' on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out".
11. Find shapes in the sky by laying down together and choosing different objects to search for in the clouds.
12. Practice noticing with art. Choose several different utensils and describe how they all feel different on the paper.
13. Take a mindful walk pointing out sights and sounds along the way.
14. Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet.
15. Have a snack in 'slow motion' and taking notice of the taste throughout.
16. Explore smell by inviting your child to help you cook a meal while taking notice of each smell present.
17. Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth.
18. Explore emotion by prompting your child to scan their body when experiencing a feeling, and describe where they feel it the most.
19. Use a happy moment to 'soak in the good' by pausing with your child to observe the pleasant physical and emotional feelings present.
20. Sit down with your child and 'color your feelings' together depicting each emotion with a new color.
21. Press the pause button' together during a tense moment (but not too tense) and check in with how each of you is feeling at that moment.
22. Listen to some music and see how many different instruments you can each hear.
23. Explore gratitude by going back and forth with your child (for as long as you can!) to name as many things possible that you are grateful for.