



Mindfulness Exercises

Monday, November 23rd, 2020





Mindful Bite

Ask your child to choose one small piece of food and prompt her to explore how it looks, smells and feels in her hand. Then ask her to take a small bite and chew very slowly, noticing how the food feels in her mouth as well as how it tastes.





Draw your emotions



Try doing this exercise at different times, not only when your child is upset. Sit down together and ask him to close his eyes and think about how he/she's feeling. You might want to offer some words to give him/her ideas (happy, disappointed, silly, scared, angry, etc.) You can also model the exercise by drawing how you are feeling. If he/she feels like naming his/her emotion, you can write the word on his/her picture if he/she likes.



Drop anchor

For this exercise, stand across from your child. Show him how to stand with his feet firmly on the floor, about shoulder width apart. Ask him to push down through his feet and feel the ground steady beneath him. Ask him to notice how his leg muscles feel when he pushes down through his feet.

Ask him to notice different parts of his body, starting with his head and working down, and to feel the weight of gravity connecting him to the earth.

Slowly ask him to look around and notice what he sees and hears and what is happening around him.





References

- <https://www.mother.ly/child/ease-your-anxious-child-6-simple-mindfulness-exercises-to-try-today>