



# Mindfulness

Aspire Living and Learning



# Draw it out



- Tell your kids to close their eyes and think of something that makes them happy. Once they have decided on something, give them a notebook and some crayons and ask them to draw it.
- While they are drawing, ask them to think about how it feels to hold the crayon. Next, tell them to focus on the texture of the paper. Ask them to describe the colors they are using in the picture. This will calm the kids' anxious thoughts by pointing their full focus towards the act of drawing.



# Heartbeat Exercise



- Ask your students 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.



# Mindful snacking



Mindful eating is a practice that engages all five senses, and it's fun and easy to do. Before eating the snack, ask your kids to think about its appearance, shape, size, color, smell, and texture. Then, when they place it in their mouths, think about the sensation and the process of eating it. By learning to slow down and notice food, kids are more likely to savor it, digest better, and enjoy the meal more.



# References

- [https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises?gclid=Cj0KCQiAzzs-BRCCARIsANotFgPMKDoqbmFJXq907fedrL6LwEuiYC1wKZAeOQQPedSBOP6GedXWAJkaAmgMEALw\\_wcB](https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises?gclid=Cj0KCQiAzzs-BRCCARIsANotFgPMKDoqbmFJXq907fedrL6LwEuiYC1wKZAeOQQPedSBOP6GedXWAJkaAmgMEALw_wcB)
- <https://www.headspace.com/mindfulness/activities-for-kids>