

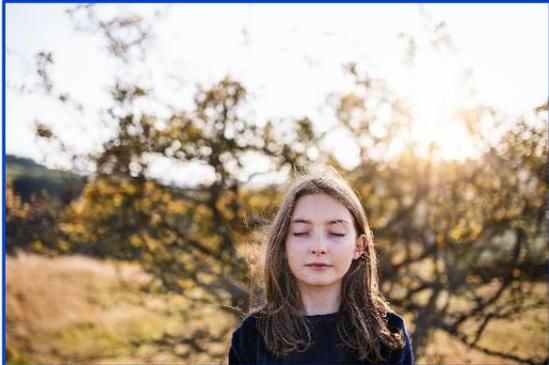


## MINDFULNESS

AGES 6-12

### What Is Mindfulness?

Mindfulness is a type of meditation that involves being completely aware of what you are feeling and being fully present in the moment. You don't make interpretations or judgements about what you are feeling. Through a non-judgemental lens you are aware of everything that you are experiencing through your senses and your environment. Practising this type of meditation can improve your physical and mental health, as well as your overall well-being.



### How Do You Practice Mindfulness?

The goal of mindfulness is to relax your mind and body, which will help you reduce stress. Practising mindfulness means taking moments to breathe and relax. It is important when practising mindfulness to let any judgements that come into your mind pass on by. It helps to set aside some time of a regular basis to practice mindfulness, such as after breakfast or before going to bed. Remember that mindfulness is something that is always available for you to do whenever you need.

### Activities:

- **Body Scan:** This is a great way to help kids relax before sleep. They need to lie down and close their eyes. Get them to pay attention to a particular body part and ask them questions to prompt them to think about everything that they feel in that body part. Is that body part warm or cold? Is that body part touching the floor or bed? What does that feel like? You can start at one end of the body and then move your way throughout the body.
- **Breathing Colours:** Ask your child what colour makes them feel relaxed. Then ask your child colour they think stress, or any other relevant negative emotion represents. Get your child to take some deep breaths and when they are breathing in ask them to imagine that their relaxing colour is filling up their lungs and when they breathe out to imagine that the stressful colour is moving out of their lungs.
- **Mindful Steps:** This exercise is great to do outside. They can pick a space where they would like to walk. They take 5 or so steps in one direction and then slowly turn around and walk those 5 steps back to where they started from. While they are walking, they should be thinking about how their body feels and how their feet feel as they take their steps