

# MINDFULNESS AND MEDITATION ACTIVITIES

## 1. Heartbeat exercise:

Kids do jumping jacks for one minute

After the minute have kids place hand on heart, and pay attention to how their heartbeat and breathing feels.

## 2. Tense and Release Muscle relaxation

Starting at feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. Next squeeze large muscles in the calves for 5 seconds, then release. Working way up the body, to have more relaxation

## 3. Breathe In Breath Out Activity

Have your child draw and color a flower and leaf

Then have them pretend they are smelling the flower

Have them pretend they are blowing a leaf.

Breathe In Breath Out

## 4. Color Search

Thinking about your favorite color, quickly look around this space and see if you can find that color. In silence

## 5. Emotion Coloring

Using the attached coloring page, have your child choose different colors to represent their emotions or have them think of a memory that they want to color out. For example, Blue: Sad, Yellow: Happy, Red: Angry, Purple: Calm