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