



MINDFULNESS for kids

Noticing what is going on helps you deal with your feelings so you feel calmer.



Mindfulness is noticing what is happening right now

- **what you're thinking**
- **what emotions you are experiencing**
- **how your body feels**
- **what is going on in your surroundings.**

Want to try some fun mindfulness activities?



Clearing your mind helps you think better

You can clear your mind and get focused just by breathing.

We are always breathing. Mindful breathing helps us control our breathing to feel calm and peaceful. Try these videos to learn how to do this.

Breath Meditation for Kids - <https://www.youtube.com/watch?v=CvF9AEe-ozc>

Cooling out breath - https://www.youtube.com/watch?v=5bcZJlaO_8g

Square Breathing - <https://www.youtube.com/watch?v=YFdZXwE6fRE&t=15s>

Use this video to **practice** your breathing twice a day. <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

Mindfulness helps you feel good about yourself.



Stressed out?

You need to get in the flow dude!

One way to calm down and go with the flow is by meditating. You don't know how to meditate? No problem, it's easy to learn. Use this 2.5 minute video 3 times and you will be meditating like a pro.

Meditation Instructions for Kids (2.27 min)

<https://www.youtube.com/watch?v=9CdPQ7X1MzU&t=19s>

When we combine stories with meditation we call it **Guided Meditation**. Here are a few guided meditations you can check out. (These meditations last between 12.5 and 18 minutes)

- **Your Secret treehouse** - <https://www.youtube.com/watch?v=DWOHcGF1Tmc&t=202s>
- **The Gratitude Tree** - <https://www.youtube.com/watch?v=64QzBuhsyuk&list=RD-kZiHhBm-4U&index=2>
- **Your Guardian Wolf** - <https://www.youtube.com/watch?v=-kZiHhBm-4U&list=RD-kZiHhBm-4U&index=1>
- **The Friendly Whale** - https://www.youtube.com/watch?v=L_-V2mnl6dM&t=751s

Having trouble falling asleep? Try out these **sleep story meditations**. Just listen to the video, don't listen and watch (watching might keep you awake). Sleep meditations are usually a little bit longer.

- **Magic Sleep Tent** - <https://www.youtube.com/watch?v=W2bQ850ryll>
- **The Sleep Sloth** - <https://www.youtube.com/watch?v=nsPo4T3v6dA>