

MINDFULNESS FOR KIDS

Children have a natural relationship with mindfulness.

As adults, it is our job to help them nurture this as a way to cope with some of the difficulties of growing up in our modern world. Here are a few simple practices we can do with our children.



Eat a healthy snack mindfully. No television, no music, “race” to see who can eat the slowest.

Go on a mindful walk. Stop every so often and name 5 living things that you can see.

Each of you picks a rock. Sit and explore yours, first with your eyes closed and then by looking at it. Tell each other what you learned after you’ve done this for a few minutes.

Stop at different points throughout your day and name 5 sounds Together. Tell stories about what they might sound like if you didn’t know what they were.

Spend a few minutes just breathing before nap time and bed time. Explore how far into your body your breath can go and how slowly you can let the breath out.