



MINDFULNESS & RELAXATION FOR KIDS

Mindfulness and relaxation techniques allow children to re-focus and calm their bodies during times of anxiety, frustration, sadness, over-excitement and out of control feelings. Breathing is a large part of mindfulness and regulates the body and our emotional centers.

The techniques below can help your child learn to self-regulate their bodies and emotions. Try some of them alongside your child. Notice how your body relaxes and your mind follows.

BREATHING BUDDIES

- Have your child lay down on the floor and place a small stuffed animal on their belly.
- Ask them to breathe deeply for 1-2 minutes, making their belly rise in and out.
- As they breathe in and out, ask them to watch the stuffed animal on their stomach move up and down.
- Ask them to think of the stuffed animal as a “breathing buddy” who can help them breathe deeply and feel calm.

COOKED AND UNCOOKED SPAGHETTI/STRAIGHT TREES AND FLOPPY FISH

- Ask your child to stand as rigid as possible, making themselves as straight as a tree trunk or as straight as uncooked spaghetti.
- Ask them to tighten every muscle in their body from their nose to their toes.
- Have them clench their fists tightly and suck in their stomach and keep their body as straight as possible.
- Ask them to hold this for one minute.
- Have them make their body as floppy as a fish or as wiggly as a cooked spaghetti noodle and ask them to notice what it is like to tense and relax.

SMELL AND TELL

- Give your child something fragrant – a piece of orange, a flower, a shirt with perfume on it, etc.
- Have them close their eyes and take a deep breath to really smell the object you gave them.
- With their eyes closed, ask them to describe the smell to you.
- Encourage them to lie there in stillness, taking deep breaths while taking in the fragrance.
- Smell is a powerful sense, breathing deeply and smelling something fragrant aids in relaxation and maintaining present focus.

ADDITIONAL RESOURCES

- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- www.mindfulnessforteens.com