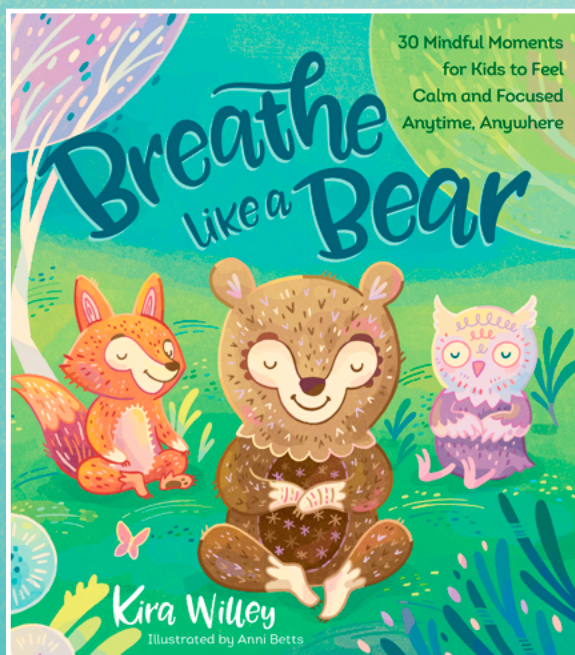


For Parents or Teachers!

Mindfulness is the practice of paying attention to what's happening right now, in this moment. The tool we use to practice mindfulness is something we all do every day—breathing! So you can do it anywhere you are, any time of day.

Mindfulness can help kids (and their grown-ups!) calm down, focus their energy, and let go of stress. Here are some tips on mindfulness for children from Kira Willey, author of *Breathe Like a Bear*.

- Keep mindfulness practice short, kid-friendly, and consistent.
- Make mindfulness a part of your routine by attaching a Mindful Moment to something you and your kids do every day, like eating breakfast, doing homework, or reading a story in the evening.
- Be sure you're participating in these Mindful Moments, too. Young children will imitate you, which is a powerful way for them to learn!



For Kids!

Do you ever feel like you have ants in your pants? Or sleepy, like you have no energy at all? Or maybe it feels hard to pay attention to what you need to do?

Mindfulness exercises can help! They're all based on breathing—and you know how to do that, right? Add in some imagination, and you'll be practicing mindfulness in no time.

Here are three Mindful Moments for you to try!



Discover more ways
to be mindful!

Flower Breath

Color in the flower below any way you want to. Then try the Mindful Moment. Ask a family member to do it with you!

Mindful Moment

Hold your flower in front of you.

Look at all the colors.

Take a **looong** breath in through your nose, and let all the air out through your mouth.

Imagine how your flower would smell if it were real.

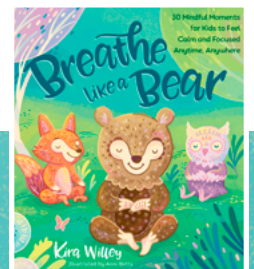
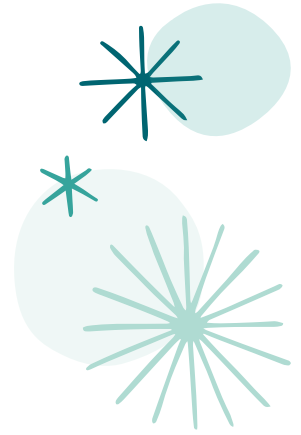
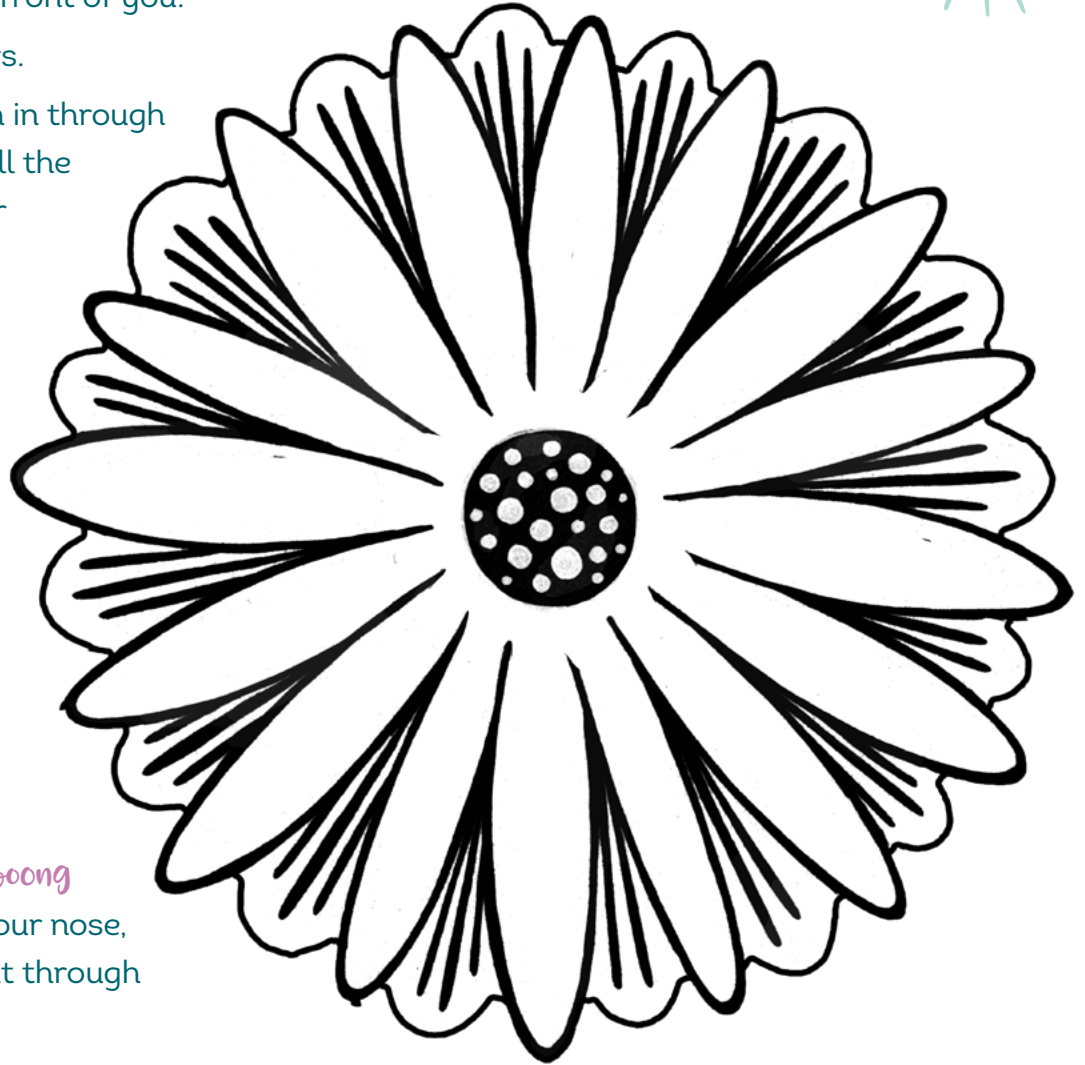
Take another **looong** breath in through your nose, and let all the air out through your mouth.

What does your flower smell like?

Do it again: take a **looong** breath in through your nose, and let all the air out through your mouth.

What a beautiful flower!

Do this as many times as you like!



Today, I'm Going to Be ...

This Mindful Moment can help us focus our energy and get ready for a great day!



Mindful Moment

Take a long breath in, and let it all the way out.

Think about how you'd like the rest of your *day* to go.

Pick a good word to finish this sentence in your mind: "Today, I'm going to be ..."

Breathe in, and breathe out.

Maybe you finish it with "friendly," or "kind," or "helpful."

Choose your own good word to finish the sentence.

Breathe in, and breathe out.

Remember your *word*, and do your best to make it happen.

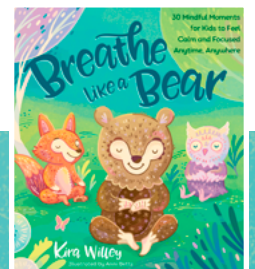
In the space below, draw a picture of yourself acting out your word.



Bonus: Ask someone in your family to do this with you. Talk about the words you've picked, and how you can help each other make your sentences come true!



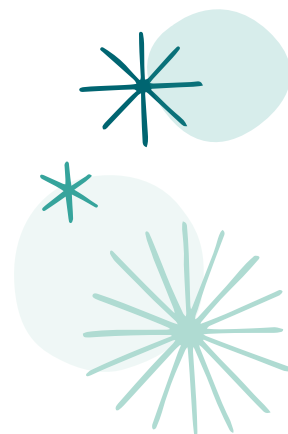
Discover more ways
to be mindful!



Send Good Thoughts

Sometimes we see people close to us having a hard time—or we see lots of people in the world going through something hard all together—and it can make us feel upset or worried for the people we love.

Sending kindness and good thoughts to people around us with this Mindful Moment can help us feel a little bit better. Have an adult read this activity to you, and do it together.



Mindful Moment

Close your eyes if you want to.

Take a long breath in, and let it all the way out.

Think of someone, or a group of people, who you know is going through a hard time.

Imagine they're standing in front of you.

Think of something kind you could say to them.

Say that nice thing quietly, in your mind.

Take another long breath in. As you let it out, imagine sending your good thoughts to those people.

Imagine the *good thoughts* flying, like a paper airplane through the air, to reach the people who need them the most.

Take a long breath in, and let it all the way out.





I'm a Mindful Kid!



Name _____

Date _____

My Favorite Mindful Moment (circle one)

Flower Breath Today, I'm Going to Be ... Send Good Thoughts



It Made Me Feel: _____



Discover more ways
to be mindful!

