

MINDFULNESS FOR ALL FAMILIES



BONUS MATERIALS

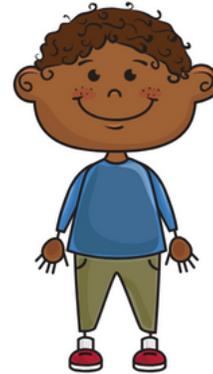
Mindful Activities

3-2-1 Focus

The idea is to use your senses for a few mindful moments.

- Use your EYES to find three different objects of a specific color
- Use your EARS to hear two separate sounds
- Use your NOSE to notice one thing you smell

3-2-1 Focus



createamindfulspace.com

Begin by finding your mindful body: sit in a chair or on the floor, make your back a little taller, relax your shoulders, rest your hands on your knees, eyes stay open. 3-2-1, Go!

Mindful Scavenger Hunt



Outdoors: create a list of items to find (leaf, flower, pine cone) or look for objects that are smooth, bumpy, small, large, shiny, etc.

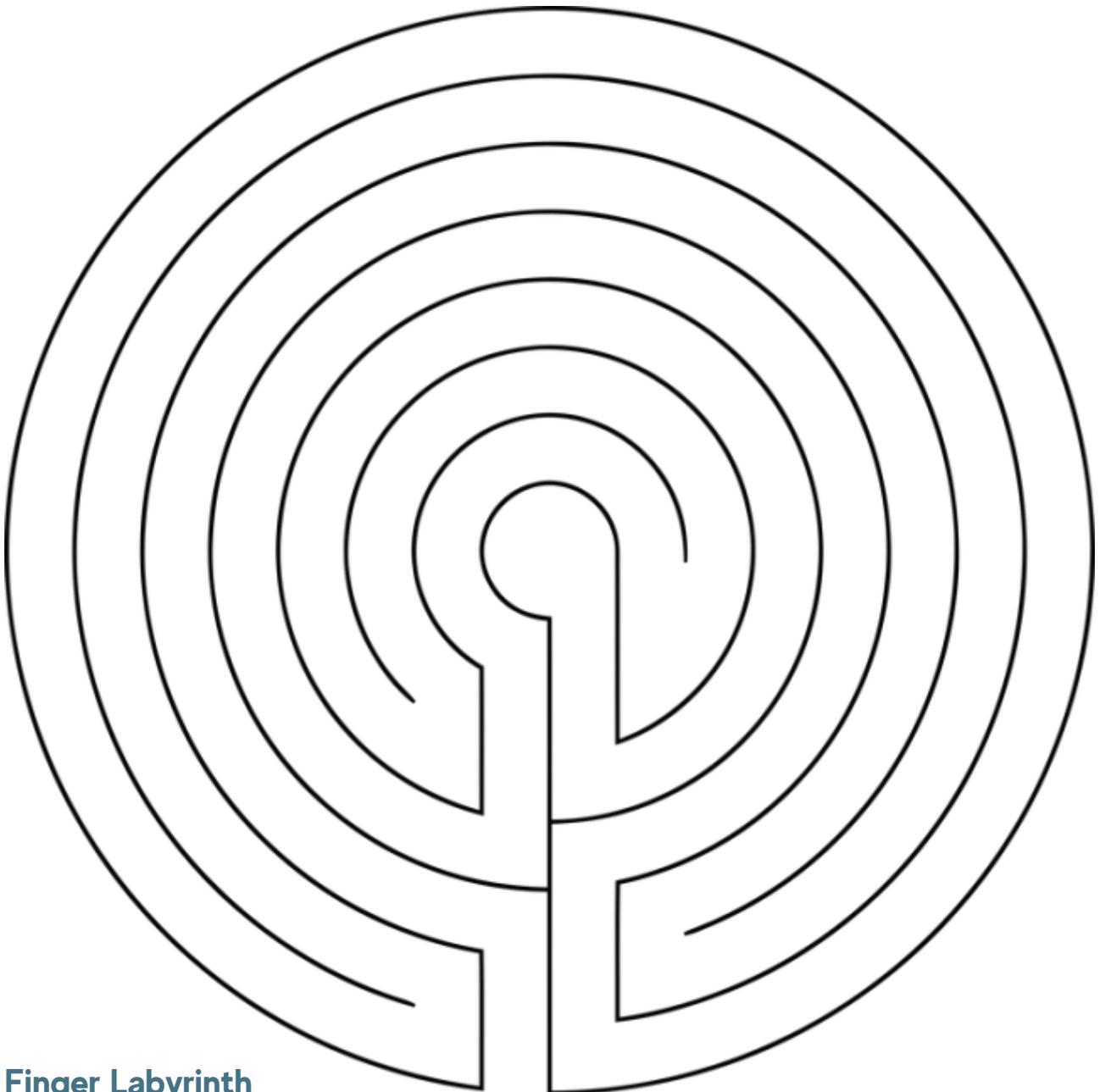


Indoors: look around the house and find objects in every color of the rainbow - red...orange...yellow...green...blue...purple.



Write out the alphabet on a large piece of paper, then find one thing that starts with each letter. If it's small, put it next to the letter. If it's large, draw or write what it is next to the letter.

Mindful Activities



Finger Labyrinth

Place your finger on the entrance to the labyrinth. Slowly trace your finger through the labyrinth – really take your time. Try to focus only on following the path. When you reach the center, pause and take five slow breaths, then trace your way back out of the labyrinth. After you're done, check in with yourself – notice how you feel.

Try it again with your non-dominant hand (the hand you DON'T write with).

Mindful Breaks

Mindful Break



© createamindfulspace.com

Stand in Mountain Pose. Press both feet into the floor, make your back a little taller, arms at your sides and slightly away from your body. Look straight ahead, or close your eyes if you want. Feel tall, sturdy, and strong in your Mountain Pose, as you breathe in through your nose, and out through your mouth.

Mindful Break

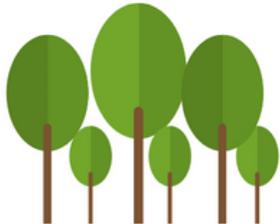
Three Wishes. Close your eyes if you'd like, and think of someone you care about. Now, make three wishes for that person. Breathe in through your nose and out through your mouth three times, softly blowing all the wishes into the sky.



© createamindfulspace.com

Mindful Break

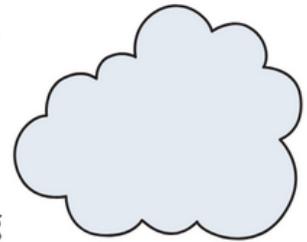
Go outside. With a grown-up's permission, go outside and take a nature break. Stand or sit in one spot and slowly look all around. What do you see? What sounds do you hear? What can you smell? How does it feel to be outside under the big, open sky?



© createamindfulspace.com

Mindful Break

Float on a cloud. Imagine you are lying on a big, fluffy cloud, floating across the sky on a beautiful day. You feel safe and cozy on your cloud. Maybe you're looking all around, taking in the sights from above, or maybe you're just enjoying the feeling of s l o w l y floating along.



© createamindfulspace.com

Mindful Break



Practice gratitude. Grab paper, a pencil, and a timer. Set the timer for one minute and then write down all the things you're grateful for until the timer goes off. Notice how you feel when you're done.

© createamindfulspace.com

Mindful Break

Listen. Stop what you're doing and be still. Listen to the sounds around you...in the room, outside the room, all around. How many different sounds do you hear when you listen closely?



© createamindfulspace.com

Mindful Breaks

Mindful Break



Jellyfish Pose. Lie on your back. Lift your legs into the air. Lift your arms into the air. Now...WIGGLE your arms and legs like a swimming jellyfish! Keep wiggling, then STOP and just float with the current. Then

© createamindfulspace.com WIGGLE some more!

Mindful Break

Body scan. Choose a body part, like your hands or your feet. Without moving, just notice. Do you feel warm, cool, just right? Do you feel any tingling? Maybe nothing at all? You can also scan each body part, starting with your toes, and moving all the way up to your nose!



© createamindfulspace.com

Mindful Break

Say thank you. Grab a piece of paper and a pencil and write a thank you note to someone. Maybe it's someone you admire, or someone who taught you something important. Maybe you just want to thank them for being a good friend!



Put your note in an envelope, and ask for help to mail it. Imagine the person reading your letter and smiling.

© createamindfulspace.com

Mindful Break



Plan a vacation! Imagine that you can go anywhere on a dream vacation. Where would you go? How would you get there? Who would go with you? What would you see, do, and eat while you're there? Use your imagination to plan out the best vacation ever!

© createamindfulspace.com

Mindful Break

Rainbow scavenger hunt. Take a slow walk around, inside or outside (make sure if you're outside that a grownup is with you!). Try to find at least one object in every color of the rainbow: red, orange, yellow, green, blue, and purple.



© createamindfulspace.com

Mindful Break



Music break. Put on your favorite song and don't do anything else but listen to it.

Notice how it makes you feel to listen to your song. Think about why you like it so much. Listen to it again and notice all the different instruments that are a part of the music. If it has words, listen closely to the singer's voice.

© createamindfulspace.com

Mindful Breaks

Mindful Break

S...T...R...E...T...C...H! Stand up tall and reach your hands up high, stretching your arms toward the sky. Now jump your feet apart and reach your arms out to the side. Notice how your body feels as you stretch. Jump your feet back together and reach up for one more full body stretch.



© createamindfulspace.com

Mindful Break

Peace begins with me

Create a mantra. Touch each finger to your thumb, slowly and one at a time. Say a word or sound for each touch, like Peace...Begins...With...Me. Feel free to make up your own mantra, like "I am so strong" or "I can do this." Say your mantra out loud two times, whisper it two times, then just say it in your head until you feel like you're all done.

© createamindfulspace.com

Mindful Break

Laugh! Start off with a quiet little laugh, then get louder and sillier! What's the silliest laugh you can do? It may be hard to get started, but then I bet you're really laughing! When you're done, notice how you feel.



© createamindfulspace.com

Mindful Break

Eat mindfully. Choose something to eat, like a raisin or a bit of chocolate.

Use as many of your senses as you can to enjoy your food. Touch it, look at it, and smell it before you take a bite. When you finally bite it, feel it on your tongue and chew it slowly before you swallow it. Really taste your food and notice how yummy it is!



© createamindfulspace.com

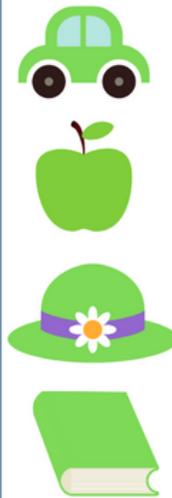
Mindful Break



Your super power. If you had a super power, what would it be? How would you use it to help the world? What would your super hero costume look like? Take a few moments to imagine yourself as a super hero, and think about all the good you would do.

© createamindfulspace.com

Mindful Break



Mindful looking. Choose a color, then look around the room (or apartment, house, office, classroom, wherever you are!) and find 5 different things in that color. If you are playing with a friend, compare what you found, then choose another color!

© createamindfulspace.com

Mindful Breathing

Finger Breathing



createamindfulspace.com

Hold up one hand with fingers spread wide. Find your pointer finger on the other hand. Starting at the base of your thumb, trace your pointer finger up your thumb as you breathe in. Trace down your thumb as you breathe out. Trace up the next finger as you breathe in again...Trace all of your fingers while taking mindful breaths.

Lie down on your back or sit up tall, and imagine there's a balloon in your belly. (What color is your balloon?) Now imagine filling that balloon with air as you breathe in through your nose. Watch your tummy rise as the balloon gets bigger! Now, let all the air out -- PSSSSSSSSSH -- and watch your tummy go down. Repeat your balloon breaths and notice how it makes you feel.

Balloon Breath



createamindfulspace.com

Hot Chocolate Breath

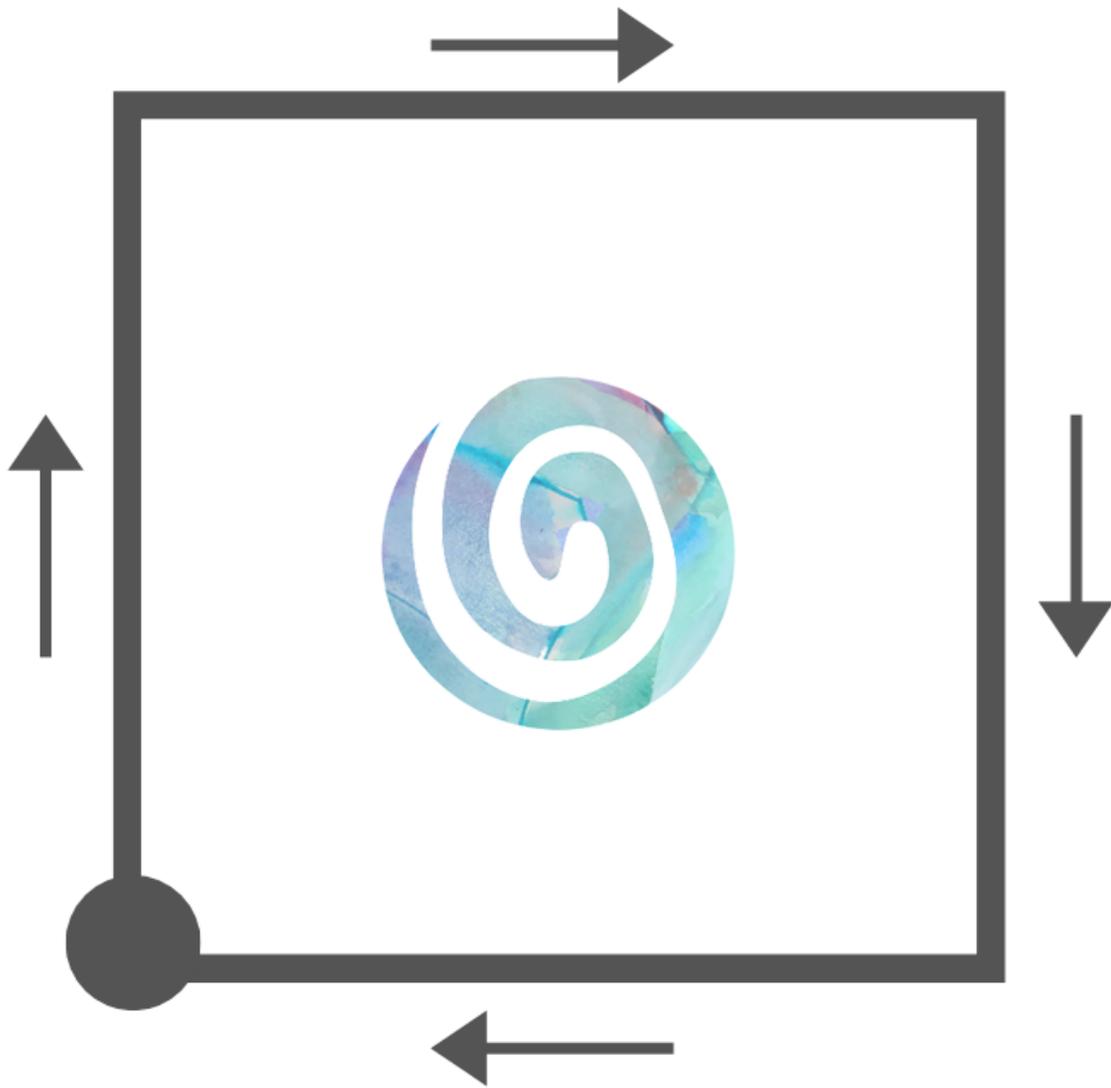


createamindfulspace.com

Imagine you have a hot cup of hot chocolate in your hands. Hold your cup up to your nose and take a slow breath in to smell the delicious chocolate. It smells good, but it's still too hot to drink, so gently blow on the hot chocolate to cool it down. Take another big breath in to smell the chocolate, and blow gently (it's still too hot!). Take a few more breaths - smelling then gently blowing until it's ready to drink. Then drink it down and let out a big "aaaaaaahhhhhhhh" -- That was delicious!

Mindful Breathing

Square Breathing



1. Put your finger on the circle in the bottom left corner
2. Trace your finger up the side of the square as you breathe in to the count of four
3. Trace your finger along the top of the square and hold your breath as you count to four
4. Trace down the right side of the square as you breathe out to the count to four
5. Trace your finger along the bottom of the square as you hold your breath and count to four
6. Keep going as long as you'd like