

7

EASY & FUN mindfulness ACTIVITIES FOR KIDS BY THIS TIME OF MINE



1

CALMING GLITTER JAR

- Grab a jar or plastic bottle and let your child decorate it.
- Fill the bottle $\frac{3}{4}$ of the way with water followed by clear glue, food coloring, and glitter.
- Seal the lid with hot glue, shake, and have fun watching the glitter settle.

2

LISTEN TO THE BELL

- Have your child sit somewhere comfortable and close their eyes.
- Ring a bell and instruct them to focus on the sound as it fades away.
- When they think the sound is gone, they can open their eyes.



3

FEEL THE BEAT

- Have your child jump up and down or do jumping jacks for 1 minute.
- Then have them sit down and place their hand on their heart.
- Encourage them to pay attention to their breathing and how their heartbeat feels.



4

HOW IS THE WEATHER?

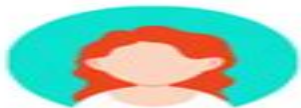
- Help your child relate their feelings to different weather patterns (Sunny=happy, cloudy=lonely, etc.)
- Just as the weather, emotions come and go. Feeling emotions is perfectly normal, and naming them helps us have power over them.



5

5 SENSES GRATITUDE CHALLENGE

- Have your child close their eyes and use their senses to concentrate on things they are thankful for.
- Walk them through this exercise by asking, "What is your favorite thing to listen to?", etc.



6

HOT COCOA BREATHING

- Have your child close their eyes & imagine holding a big mug of hot chocolate.
- Tell them to slowly bring the mug close to their face.
- Then a deep breath in, smelling the delicious chocolate scent.
- And slowly blow the steam away from the hot chocolate.



7

SENSORY SCAVENGER HUNT

- Go outside on an adventurous scavenger hunt.
- As your child finds each item, have them notice how it feels, looks, and smells.



Fun Mindfulness Games

RJ Alexander



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