

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

Karen DeLeon



Fun Mindfulness Games:

Mindful Activities Kids Will Love: Fun Mindfulness Games That Will Amaze Your Kids Quinn SAMANTHA, 2021-06-07

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful This book contain many creative mindfulness games visualizations and exercises to help children feel grounded find calm improve focus practice loving kindness and relax Encouraging kids to practice a mindfulness skill each time they win a hand Great for therapists teachers and parents Perfect for ages 4 and up Offers the teacher s guide to arts based mindfulness exercises utilizing story telling theater games and drawing to spark students self expression self awareness and social and emotional well being *Mindful Games Activity Cards* ,2017

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful This card deck helps parents caregivers and teachers cultivate these qualities at home or in a school setting The games develop what Susan Kaiser Greenland calls the new A B C s for learning and for a happy and successful life Attention Balance and Compassion In a playful way the games introduce kids to breathing practices and techniques for developing focus concentration and sensory awareness and identifying and self regulating emotions among other skills They include anchor games that develop concentration visualization games that encourage kindness and focus analytical games that cultivate clear thinking and awareness games that develop all of these qualities and give greater insight into ourselves others and relationships The deck contains 55 5X7 illustrated cards each devoted to one game or activity and comes in a sturdy beautifully designed box

Mindful Games For Kids Kristina Sargent, 2020-04-28 Calm feelings peaceful thoughts mindful games for kids ages 4 to 8 to play Dealing with big feelings can be hard but it s easier when you practice listening to your body and staying in the present moment With Mindful Games for Kids children ages 4 8 can start learning those skills and feeling more in control Engaging activities help teach kids to calm themselves focus more easily and even be kinder to others all using the principles of mindfulness 50 colorfully illustrated imaginative exercises keep the fun coming while showing kids helpful techniques like deep breathing visualization meditation and more Many of these off the page games take 10 minutes or less making it easy to practice the magic of mindfulness anytime anywhere Inside Mindful Games for Kids you ll find 50 fantastic games Discover mindful games like My Big Bat Ears Hearing My Breath As Cool as a Snowflake and Sing My Emotions all created just for kids ages 4 8 Imagination invitation Explore activities themed around breath senses thoughts emotions and the body most don t require supplies just an imagination Mindful together Kids can play these mindful games alone or with other people grown ups are invited too the supportive guidelines include ways for anyone to win Kids can find a peaceful mind through fun and games with Mindful Games for Kids *Mindful Games* Susan Kaiser Greenland, 2016-11-15 A practical and playful guide for cultivating mindfulness in kids with 50 simple games to develop attention and focus and to identify and regulate emotions Playing games is a great way for kids to improve their focus and become more mindful In this book The Mindful Child author Susan Kaiser Greenland shares how parents

caregivers and teachers can bring mindfulness into the classroom or home She provides 50 entertaining games that develop what she calls the new A B C s Attention Balance and Compassion for your child s learning happiness and success offering context and guidance throughout She introduces Anchor games that develop concentration Visualization games that encourage kindness and focus Analytical games that cultivate clear thinking Awareness games for sensory awareness self regulating emotions and gaining insight into ourselves others and relationships Even though the games are designed for kids they can be just as fun and transformative for adults Greenland encourages parents and caregivers to develop their own Attention Balance and Compassion and to explore the universal concepts that she presents Our own mindfulness has a powerful effect on everyone in our lives especially our children A wonderful fun and engaging way to bring mindfulness into a child s life Daniel Goleman author of Emotional Intelligence

Fun and Mindful Games for Kids Karen

DeLeon,2020-02-25 Fun and Mindful Games for Kids Nurture inner peace improve the quality of exercise enhance self confidence and facilitate more meaningful relationships Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful This book contain many creative mindfulness games visualizations and exercises to help children feel grounded find calm improve focus practice loving kindness and relax Encouraging kids to practice a mindfulness skill each time they win a hand Great for therapists teachers and parents Perfect for ages 4 and up Offers the teacher s guide to arts based mindfulness exercises utilizing story telling theater games and drawing to spark students self expression self awareness and social and emotional well being

Mindful Games for Kids Kristina

Marcelli-Sargent,2020-04-28 Mindful Games for Kids is an engaging book of activities for children ages 4 8 teaching them how to use all the principles of mindfulness including calming themselves focusing on the present and being kinder to others Dealing with big feelings can be hard but it s easier when you practice listening to your body and staying in the present moment 50 colorfully illustrated imaginative exercises keep the fun coming while showing kids helpful techniques like deep breathing visualization meditation and more Many of these off the page games take 10 minutes or less making it easy to practice the magic of mindfulness anytime anywhere Inside Mindful Games for Kids you ll find 50 fantastic games Discover mindful games like My Big Bat Ears Hearing My Breath As Cool as a Snowflake and Sing My Emotions all created for kids ages 4 8 Imagination invitation Explore activities themed around breath senses thoughts emotions and the body most don t require supplies just an imagination Mindful together Kids can play these mindful games alone or with other people grown ups are invited too the supportive guidelines include ways for anyone to win Kids can find a peaceful mind through fun and games with Mindful Games for Kids

Mindfulness at Play Stephen McKenzie,Angela North,2023

Mindfulness is widely used in personal development healthcare business and sports to improve wellbeing and performance Mindfulness at Play is for those it can potentially be of the greatest value to young people and the people who give them their primary support their parents It combines science and wisdom theory and practice strategies and activities It also provides a combination of

psychological knowledge and practical guiding principles which will help parents help themselves as well as their children to achieve mindfulness. The authors know that the benefits of mindfulness are substantial and far reaching. When young people can clearly focus on their internal world in the present moment they are better able to know and communicate their experiences and needs, a critical component of emotional intelligence. Discover that they can be curious rather than overwhelmed by emotions leading to greater emotion regulation and resilience. Increase self acceptance and decrease shame resulting in greater wellbeing, more effective healing from trauma and an increase in pro social behaviors towards others. This book will greatly help young people's learning, development, social development and whole person development. It is a comprehensive yet light, playful and play based one stop mindfulness resource for parents. [Mindful Parenting Workbook](#)

Ruth Margie Holmes, In today's busy world parenting can feel like a nonstop race. Between hectic schedules, digital distractions and everyday stressors finding time to connect meaningfully with our children can seem almost impossible. Mindful Parenting workbook is here to show that even in our fast paced world raising resilient, emotionally balanced kids is achievable, one mindful moment at a time. This comprehensive guide by Ruth Margie Holmes offers an accessible approach to mindful parenting that fits into the busiest of schedules. Designed with real families in mind, this book is packed with simple 5 minute mindfulness practices and practical strategies that create opportunities for connection, emotional regulation and resilience building in your children. Whether you're an experienced practitioner or entirely new to mindfulness, this book provides a refreshing approach to parenthood that encourages growth, empathy and calm for both you and your kids.

Key Features:

- 5 Minute Techniques for Busy Parents:** Discover quick, powerful practices like breathing exercises, grounding techniques and calming routines that can be woven into daily activities, making mindfulness accessible to even the most time strapped parents.
- Mindful Activities for Emotional Resilience:** Help your children manage stress and build emotional intelligence with resilience focused exercises tailored for kids as young as two. These practices are carefully crafted to promote self regulation and build a compassionate family environment.
- Mindful Mealtimes, Bedtime and Playtime:** Learn practical ways to bring mindfulness into daily routines, turning moments like mealtimes, bedtime and playtime into opportunities for connection, calm and presence.
- Self Care Tips for Parents:** Mindful parenting starts with self compassion. This guide includes Moment for You sections offering parents practical self care techniques that nurture their own wellbeing, allowing them to show up with patience and clarity.
- Adaptable Family Friendly Approach:** Flexibility is key in family life. Mindful Parenting workbook encourages an adaptable approach that meets you and your family wherever you are on your mindfulness journey, making it sustainable and supportive for everyone involved.

Why Mindful Parenting? Research shows that children who learn emotional resilience and mindfulness from a young age are better equipped to handle stress, adapt to change and maintain positive relationships. This book provides practical guidance rooted in psychological insights and the latest mindfulness research, helping families develop skills that support long term emotional health and wellbeing. From

managing tantrums and stress to fostering gratitude and empathy these practices are designed to grow with your family creating a foundation of resilience patience and peace that benefits parents and children alike Perfect for parents caregivers teachers and anyone looking to introduce mindfulness into a family environment Mindful Parenting workbook is an indispensable guide to nurturing a home filled with calm compassion and connection Sitting Still Like a Frog Activity Book Eline Snel,2019-04-09 75 fun mindfulness games and activities to teach children ages 4 8 to calm themselves down focus be attentive to the people around them and feel more peaceful from the bestselling author of Sitting Still Like a Frog Mindfulness is one of the most effective practices to teach kids to calm themselves in stressful moments increase focus and attention ease anxiety and promote a sense of empathy toward others Eline Snel s Sitting Still Like a Frog has helped thousands of children around the world to become more relaxed and attentive more aware of their bodies and emotions and more open toward others This book is packed with entertaining and useful activities that children can do alone or with a parent including Fun yoga exercises Hands on activities and projects Meditation stories Cut out posters and cards Colorful stickers Mindful games

PRACTICAL PARENTING STRATEGIES: NDIFOR NDI ELVIS NDITAH,2024-08-27 Practical Parenting Strategies The Ultimate Guide to Your Children s Wellbeing is an essential resource for parents seeking to navigate the challenges of modern parenting Authored by Ndifor Ndi E Nditah this comprehensive guide offers actionable advice and proven techniques to support your child s emotional social and physical development The book is thoughtfully structured into chapters that cover foundational aspects of parenting from creating a safe and nurturing home environment to establishing consistent routines that promote balanced growth Each chapter is packed with practical tips on integrating mindfulness applying positive reinforcement and managing stress for both parents and children Special attention is given to effective family communication and collaboration with educators ensuring a holistic approach to your child s development Whether you re a new parent or navigating the complexities of raising school age children this book provides the tools and confidence needed to foster a loving and supportive environment where your children can thrive With its emphasis on real life examples and expert insights Practical Parenting Strategies is your go to guide for raising happy healthy and resilient children

The Empathy Advantage Lynne Azarchi,2020-11-04 We live in a time when empathy is not only lacking but on the decline Kids are bullied because of the color of their skin religion culture a disability and more Bullying and cyberbullying are increasing especially for black and brown kids LGBT youth and Jewish and Muslim youth Fueled by decreases in respect kindness and compassion the house is on fire Empathy may be not be a cure all but just a little effort can transform a child into a more sensitive caring human being The good news is that empathy the ability to walk in someone else s shoes can be taught This book is all about teaching adults to teach empathy to kids The payoff will last a lifetime In this helpful guide parents caregivers and teachers are coached to help their children and students to develop social emotional skills that will equip them to better navigate the world with self compassion and empathetic concern The Empathy Advantage is for the

busiest parents and educators It provides tips strategies online resources and activities that are fun and engaging and take just 10 to 20 minutes It emphasizes the importance of starting early being good role models spending quality face to face time together and more It will help readers understand the dynamics of bullying and teach children to stand up not only for themselves but others And it explores other topics including managing media in the home the value of pets in inculcating empathy active listening and self compassion i e being as forgiving and kind to yourself as you would to a friend **Strong Families, Strong Kids** Robert Front,2025-06-24 In a world reshaped by the pandemic families face unique challenges that test their resilience and cohesion Strong Families Strong Kids is a transformative guide designed to empower parents and nurture children s confidence through proven strategies This book offers age appropriate activities that teach essential coping skills maintain routines of stability and instill a sense of hope amidst chaos Readers will discover positive discipline techniques that promote independence while steering clear of punitive methods With an innovative approach this guide combines emotional coaching and practical habits such as bedtime rituals that foster security and a family gratitude practice to cultivate optimism Unlock the potential of your family in these uncertain times and learn how to build a resilient foundation for your children s future **Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement** Christine Mason,Jeffrey Donald,Krishna Kaur Khalsa,Michele M. Rivers Murphy,Valerie Brown,2021-11-17 In chaotic times a deep breath can bring calm to your classroom As the pandemic recedes and the world gradually returns to normal it s more important than ever to make your classroom a place that supports mental health and improves overall wellness With this practical research based guide you ll incorporate age and grade appropriate meditation breathing mindfulness and secular yoga activities into your teaching in ways that work for in person as well as virtual and hybrid settings Features include Adaptations for special populations including those who have experienced trauma Recommendations for family involvement in social emotional learning Guidance on self care for teachers and school staff Data from successfully implemented programs Dozens of illustrations QR codes and reflective questions Whispers of Calm, A Child's Meditation Guide Manon Doucet,2024-09-26 Nurturing Mindfulness in Children A Compassionate Guide In this essential guide we delve into the heart of raising mindful children emphasizing the importance of a compassionate understanding of emotions Recognizing the unique developmental stages of every child we offer tailored techniques that foster both emotional intelligence and resilience This book not only explores structured meditation practices but also highlights the beauty of weaving mindfulness into the fabric of daily life We recognize the pivotal role of family and community in nurturing a child s mindfulness journey emphasizing shared practices and the ripple effect of conscious living As we venture together on this path we offer practical intentions for seamlessly integrating mindfulness into family routines allowing children to embrace presence as second nature Nurturing Mindfulness in Children is not just about imparting a skill but planting a seed a seed that with love and care can bloom into a lifelong embrace of peace and understanding

Somatic Methods for Affect Regulation Kimberley L. Shilson, 2019-04-05 Somatic Methods for Affect Regulation is a unique resource that presents a variety of approaches for working somatically with youth Chapters provide an overview of the relevant neuroscience research with a specific focus on affect regulation The somatic techniques showcased in the book are evidence based and illustrated with case studies showing their impact Importantly the chapters are also chock full of practical information including strategies for working with dysregulated youth information for collaborative and cooperative care and an appendix with checklists and worksheets to help clinicians plan guide and assess their work

Mindfulness For Dummies Shamash Alidina, 2010-06-03 How to reduce stress anxiety high blood pressure and even chronic pain by refocusing your mind A cutting edge meditation therapy that uses self control techniques mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer more focused state of mind Written by a professional mindfulness trainer this practical guide covers the key self control techniques designed to help you achieve a more focused and contented state of mind while maximizing the health benefits of mindfulness from reducing stress anxiety and high blood pressure to overcoming depression and low self esteem and battling chronic pain and insomnia Includes self control techniques such as body posture sitting practice and breathing exercises and routines Includes an audio CD featuring narrated meditations and exercises Introducing you to a new and powerful form of meditation therapy Mindfulness For Dummies outlines how to use it in your everyday life to achieve a new level of self awareness and self understanding and reap the long term rewards of better health Note CD files are available to download when buying the eBook version

Teaching Mindfulness Skills to Kids and Teens Christopher Willard, Amy Saltzman, 2015-09-24 Packed with creative effective ideas for bringing mindfulness into the classroom child therapy office or community this book features sample lesson plans and scripts case studies vignettes and more Leading experts describe how to harness the unique benefits of present focused awareness for preschoolers school age kids and teens including at risk youth and those with special needs Strategies for overcoming common obstacles and engaging kids with different learning styles are explored Chapters also share ways to incorporate mindfulness into a broad range of children s activities such as movement sports music games writing and art Giving clinicians and educators practices they can use immediately the book includes clear explanations of relevant research findings

Don't Keep Your Day Job Cathy Heller, 2019-11-12 From the creator of the 1 podcast Don t Keep Your Day Job an inspiring book about turning your passion into profit Heller pivots effortlessly from encouraging readers to accept miraculous changes find their bliss and examine their authentic selves to practical tips for building mass marketing email distribution lists and identifying web based social media and teaching portals that allow small business owners to capture additional revenue both approachable and incisive Booklist From the creator of the 1 podcast Don t Keep Your Day Job an inspiring book about turning your passion into profit The pursuit of happiness is all about finding our purpose We don t want to just go to work and build someone else s dream we want to do our life s work But how do we find

out what we're supposed to contribute. What are those key ingredients that push those who succeed to launch their ideas high into the sky while the rest of us remain stuck on the ground? Don't Keep Your Day Job will get you fired up, ready to rip it open and use your zone of genius to add a little more sparkle to this world. Cathy Heller, host of the popular podcast Don't Keep Your Day Job, shares wisdom, anecdotes, and practical suggestions from successful creative entrepreneurs and experts, including actress Jenna Fischer on rejection, Gretchen Rubin on the keys to happiness, Jen Sincero on having your best badass life, and so much more. You'll learn essential steps like how to build your side hustle, how to find your tribe, how to reach for what you truly deserve, and how to ultimately turn your passion into profit and build a life you love. **Yoga and Meditation**

at the Library Jenn Carson, 2019-05-15. Yoga and meditation have a proven track record of lowering stress levels, helping to treat mental health issues such as depression and post-traumatic stress disorder, building community, and contributing to an overall sense of wellbeing in their practitioners. According to recent surveys, 14% of North American libraries have offered meditation programs, and 23% have offered yoga classes. Carson, a professional yoga teacher and library director, has been leading yoga and meditation programs in schools and libraries for over a decade, and she presents this guidebook to give others the tools for serving library patrons of all ages and abilities. Inside *Yoga and Meditation at the Library*, you will find 21 program models, including choreographed yoga sequences complete with pictures, passive program ideas, alternative collections, suggestions, budget considerations, literacy tie-ins, and checklists for prep, teardown, and follow-up, as well as advice from real-world program delivery. Chapters include: What are Mindfulness and Meditation? What is Yoga? Implementing Yoga and Meditation Programs in Your Library; Choosing Resources and Designing Spaces; Passive Programs and Alternative Collections; Policies and Procedures for Avoiding and Handling Problems; Yoga and Meditation for the Early Years; Yoga and Meditation for Elementary Age Students; Yoga and Meditation for Teens and Young Adults; Yoga and Meditation for Adults and Seniors; Yoga for Every Body Inclusive; Programming through Outreach and Inreach. This book is for any programming librarian, administrator, yoga and meditation teacher, or outreach coordinator looking to boost circulation stats, program numbers, literacy rates, and foster health and wellness in their community. **Be Mindful** Ben Hubbard, 2021. Whether it's school, extracurricular activities, jobs, or home life, stress and anxiety find ways to overwhelm our minds. It can be easy to get lost in problems. Being mindful and living in the present moment can help. Learn techniques to clear your mind, relax, and shut out distraction. Take the next step to being mindful.

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