

MINDFULNESS & CALMING STRATEGIES

This leaflet is about giving you some suggestions of calming activities you can do with your children.

They can be used both when they are already calm and relaxed but also used to support the need to calm in times of anxiety.

We hope they help.

Mindfulness can add to the quality of our lives in numerous ways, from nurturing a sense of inner peace to improving the quality of a workout, from enhancing self-confidence to facilitating deeper and more meaningful relationships with others.

Calming strategies can be used to support and regulate moments of anxiety when out and about. They can be discreet and used in many different situations.

MINDFULNESS GAMES

Blowing Bubbles

This is a great way to focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Pay close attention to the bubbles as they form, detach, and pop or float away.



Pinwheels

Use the same tactics from blowing bubbles to encourage mindful attention on the pinwheels.

Playing with Balloons

The aim of this game is to keep the balloon off the ground, but have them move slowly and gently. You can pretend the balloon is very fragile if that helps.



Texture bag

Place several small, interestingly shaped or textured objects in a bag, and reach in to touch an object, one at a time, and describe what you are touching. Make sure you don't take the object out of the bag, forcing you to use only your sense of touch to explore the object.

A Mindful Walk

Have a stroll around your neighbourhood, the local park or the woods, making an effort to spot things you haven't noticed before. During the walk, stop for a minute and concentrate only on the things you can hear: an easy exercise in mindfulness.



Mindfulness Jar

Fill a jar almost to the brim with water, tip in some glitter, and fasten the lid firmly. Your child can then shake the jar and focus on what happens as the glitter swirls and then settles.

Body Scan

The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children:

1. Lie down on their back on a comfortable surface and close their eyes.
2. Squeeze every single muscle in their body as tight as they can. Squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone.
3. After a few seconds, release all their muscles and relax for a few minutes.
4. Think about how their body is feeling throughout the activity.



MEDITATION APPS

Use a mindfulness app.

There are lots of good apps most are free that help children master mindfulness, including:

- Sleep meditations for kids.
- Breathe think do.
- Breathing bubbles.
- My first yoga.
- Sleep meditation for kids.
- Calm.
- DreamyKid.
- Smiling Mind.
- Headspace for kids.



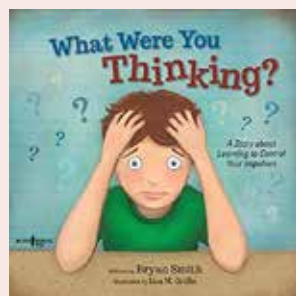
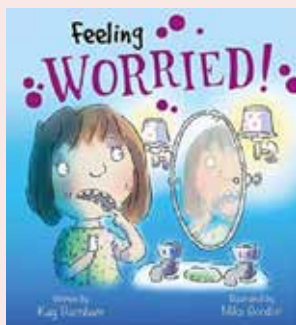
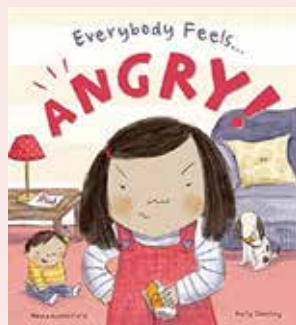
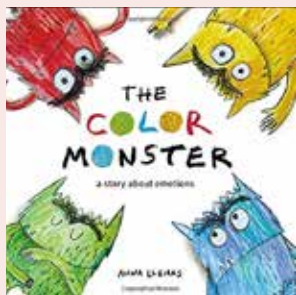
DISCREET CALMING ACTIVITIES WHEN OUT AND ABOUT

All children can at time find it hard to regulate their emotions. When you are out and about life can sometime get a little tricky. Below are a few ideas to help children regulate their feelings when they are out and about.

- Counting to 5 slowly.
- Taking slow deep breaths in through the nose and out through the mouth.
- Scrunch your hands and release.
- Use the fingers and thumb on one hand to massage the other hand.

BOOKS THAT MAY HELP

Reading with and to your child can be a great way of talking through some of the emotions your child could be feeling in a calm and neutral way. Below are some book suggestions which may help.



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