

# MINDFULNESS ACTIVITIES FOR KIDS

Adapted from : The OT Toolbox

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## MINDFUL BREATHING



Taking deep breaths is so important in relaxation as it brings awareness to your body. There are many different ways to teach kids to take deep breaths and then blow out. Using a pinwheel, blowing bubbles, blowing out candles, picturing a balloon opening and closing with breathe. Even having your child breathe in while you count to 5 and then breath out.

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Have your child lay on his/her back. Tell them to tense up all muscles from head to toe and hold for 10-15 seconds. Then have them release and relax, ask them how they feel. This exercise helps kids to recognize how their body is feeling in a tense vs. calm state.

## BODY SCAN

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This is a relaxation technique that is used to promote positive mental images. You can find guided imagery scripts online, about many different subjects from nature to emotions. Start by having your child close their eyes, while seated or lying down. Slowly read the script and have them visualize the image in their minds, then have them draw a picture of that place and keep it at their desk or at home as a reference to a calm place for them.

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## VISUALIZATION OR GUIDED IMAGERY

