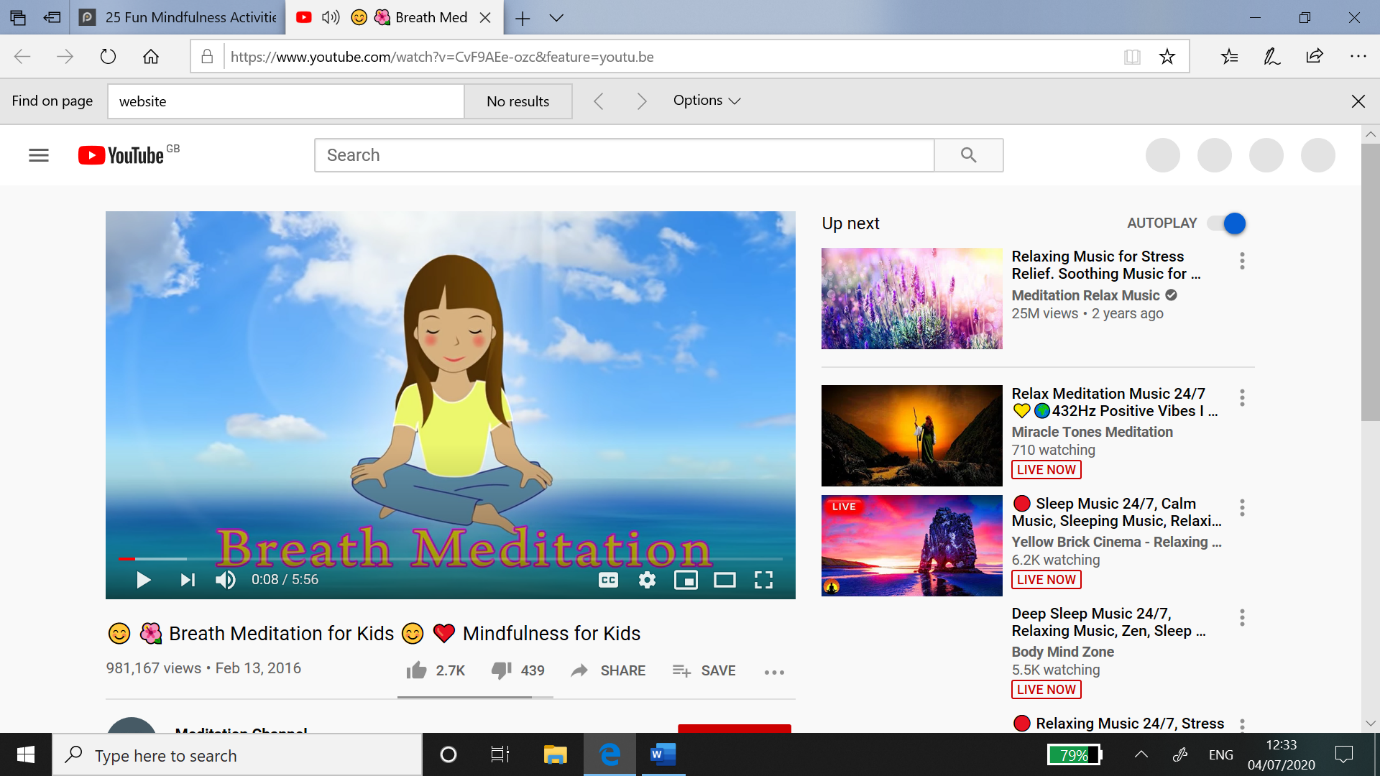
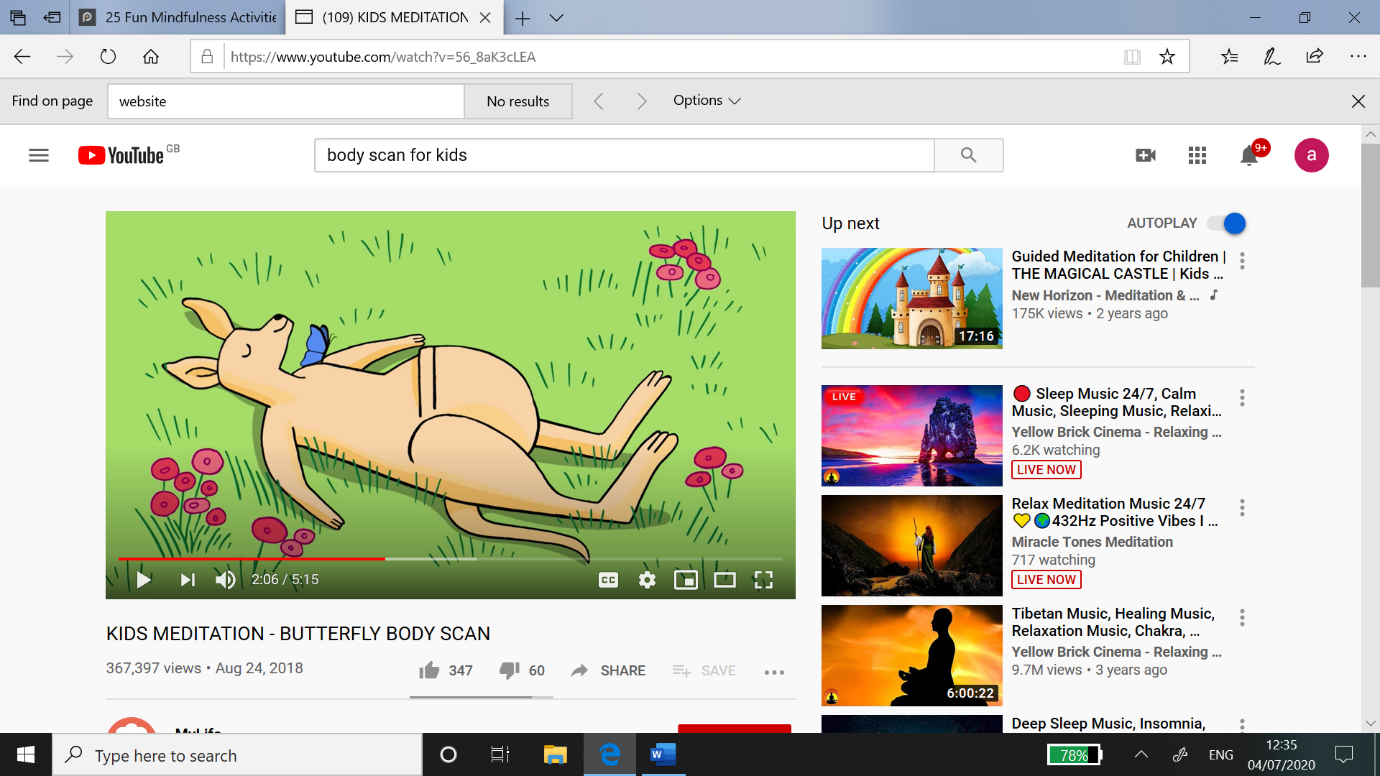
**Mindfulness activities for children.**

Mindfulness helps us develop an awareness of our thoughts and feelings. Practicing mindfulness teaches relaxation and calming strategies both in everyday life and times of crisis. It is a helpful strategy for both adults and children to support anxiety, stress, depression, and sleep difficulties. Here are some child-friendly mindfulness activity ideas.

**Mindfulness meditation**

<https://youtu.be/CvF9AEe-ozc>

**Body scan meditation**



<https://www.youtube.com/watch?v=56_8aK3cLEA>

**Mindfulness games**

* Blowing bubbles- practise concentrating on the breath by asking your child to take a big, deep breath in. To blow the bubble, encourage your child to take a big, slow, deep breath out. Watch your bubbles float away and eventually pop.
* Playing with balloons- imagine a balloon is made of glass and if you drop it, it will break. Tap the balloon with your hand back and forth to each other trying not to drop it. This is a good exercise for building concentration.
* Feely bags- give your child a bag of different items and encourage them to guess what each thing is without taking it out of the bag.
* Blindfolded eating-put on blindfolds and try small amount of different foods. Try to guess what the food is and concentrate on the smell, texture and taste.

For these ideas and more, visit: <http://positivepsychology.com>