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Mindfulness Is in You

Tips for Educators, Parents, and Caregivers

Mindfulness is an important building block for a child's health, happiness, and success. Research shows that children who learn mindful awareness show more self-control, manage their emotions better, and have reduced stress. By encouraging mindfulness in children, you're helping them to be more calm, have less emotional reactivity, and improve their ability to focus.

Studies also show that children who regularly practice mindfulness have better relationships, improved memory, and are more flexible. Mindfulness also fosters health benefits in children, such as an improved sense of well-being and increased immune functionality. As role models, the way we practice mindfulness has a positive impact on how children will develop theirs. Try these tips for fostering mindfulness in children:

- ★ Establish your own mindfulness practices—whether it's meditating for a short amount of time each day or being mindful as you focus on day-to-day tasks.
- ★ Look for opportunities to share with children how you're practicing mindfulness. Discuss your thoughts and feelings as you perform daily activities.
- ★ On outings, ask children if they can notice things they haven't seen before.
- ★ Help children develop skills and awareness by inviting them to discuss their feelings and experiences in the moment as they happen.
- ★ Help children develop awareness of their senses by asking them to pause and describe what they hear, see, smell, taste or feel in any given situation.
- ★ Practice breathing exercises with children to foster calmness. For example, have them lie down with a stuffed animal on their stomach and focus on the rise and fall of it as they breathe in and out.
- ★ Read this book together. Share other books and news stories about people who have shown mindfulness.
- ★ Help children practice mindful eating by describing how their food looks, smells, tastes, feels, and even sounds. This will help them eat slower, digest better, and enjoy their food more.

By implementing these tips with the children in your care you'll be helping them become mindful, happy, and thriving individuals!



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(fill in your name)

Being mindful means being aware—that includes being aware of your body and the space it is in! One way to do this is through yoga. Try some of the yoga poses below. Which is your favorite?



It's important to be mindful of how you feel! This can help you better understand how others are feeling as well. How do you feel today? Are you happy? Sad? Excited? Mad? Why do you think you feel this way today?

You should always be mindful not just of yourself, but of the world around you! Look around and find three interesting things you may not have noticed before. What makes them interesting to you?



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(fill in your name)

Part of being mindful is recognizing your emotions.
Draw what these emotions look like to you: happy,
sad, nervous, and excited.

