

Mindfulness for Kids

Breathing Activities

Use props

- Use **bubbles**, a pinwheel, or a feather to notice the breath and practice controlling it.
- Make **crafts** (e.g. paper plate jelly fish) with streamers or crepe paper and then blow into the dangly bits.
- Place a **stuffed animal**, figurine, or toy car on the belly and practice inhaling the toy to the ceiling, exhaling the toy to the floor.



Use touch

1. **Five finger** mountain breath
2. Hands to **shoulders** belly breath
3. **Draw** a square (get creative with colors, etc.)
4. Use Hoberman square or **squishable** ball

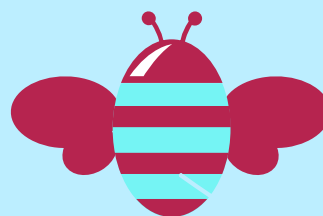


Use imagery

1. **Volcano** breath (or rainbow)
2. **Seed**/acorn to flower/tree.
3. Smell the hot **cocoa**, cool the hot cocoa
4. Smell the **flower**, blow out the **candle**

Use sound

- **Bumblebee breath** (hum):
Cover ears and eyes. Inhale like you're smelling a flower. Exhale and hummmmmmmmm as long as you can.
- **Lion breath** (roar):
Come to all fours like a lion. Inhale and scrunch up your face. Exhale and open up your mouth as wide as possible while you ROAR!
- **Bunny breath** (sniff):
Sit back on your heels and curl your hands like paws in front of your chest. Take 3-6 quick sniffs, then 1 loooooong exhale, almost like a sigh.



Additional Resources: Child Mind Institute at <https://childmind.org>



Physical Activity Research &
Community Implementation (PARCI)
Laboratory at Virginia Tech
<http://www.parcilab.org>