

# Mindfulness Activities | *To build resilience in families & children*

**M**indfulness means focusing all your attention on “right now” – trying not to focus any problems or stressors in your mind that can hold you back and wear you down. Teaching children about mindfulness can lead to benefits related to attention, mood, and appropriate behavior.

These activities were designed for small groups, and can also be used one-on-one. The important thing is for the children to find success and have fun.

## 1. FEELING

Put a small object in each child’s hand – a feather, a stone, a block – and let them tell you what they feel (texture, softness, weight, etc.)

## 2. SEEING

Have the children spend one minute looking around the room to find something they never noticed before. It can be a toy, a poster, a crack in the wall. Ask them to describe the most interesting new thing they saw.

## 3. SEEING

Ring a bell or a wind chime, anything that creates a long trailing-off sound. Ask the children to raise their hands when they no longer hear the sound. Tell them to continue listening. After a minute ask them each what they heard when the sound stopped.

## 4. TENSE AND RELAX

To really know how it feels to relax tensed muscles, try these:

- Curl your toes tight like you’re trying to pick up a small stone with your feet. Now drop it.
- Stretch up on your tippy-toes like you’re trying to reach something on a high shelf. You got it! Now drop down.
- Suck in your stomach like you’re trying to squeeze through an opening in a fence. You’re through! Release.
- Hold your hands straight out from your shoulders. Stretch out as far as you can. And drop your hands to your sides.
- Pretend a bug landed on your nose, and you must get it off without using your hands. Scrunch your face and move your nose and jaw. And it’s gone!

## 5. USE YOUR FIVE SENSES

(This is a great outdoor activity.)

- Name 5 things you see.
- Name 4 things you feel.
- Name 3 things you hear.
- Name 2 things you smell.
- What is 1 thing you can taste?

