



Mindfulness Activities for Kids

How Can I Use This in My Lesson Plan?

Mindfulness can be practiced at any time of the year and allows children a way to keep calm and focused on learning during exciting or stressful times of the school year. These Mindfulness Activities for Kids are simple and can be as short or as long as you like! Need a quick mindfulness moment? Try the Candle Breaths for 30 seconds. In search of a longer mindfulness activity you can incorporate into circle time? Create new combinations of these mindfulness moves as a group and encourage children to create their own calming techniques.

You can also extend these mindfulness activities beyond circle time. Once they've had time to practice these mindfulness techniques, encourage children to try some of these moves on their own. They'll love learning more about their own emotions and how to address them while having fun exploring new yoga and breathing techniques on their own terms. Mindfulness is what you make it!

Required Materials:

- Mindfulness Mat Kit (Item #33590)

1. Candle Breaths

Find your center with Candle Breaths. Instruct children to raise their index fingers to the face-level and bring them together—these are your "candles." With each exhale, encourage the children to blow out their candles with a deep breath, moving their arms to their sides or behind their back as they do so. Repeat this imaginative deep-breathing exercise as needed.

2. Ringing Peace

Sitting together on the mindfulness mat, encourage children to close their eyes and listen closely! Each time you ring the bell, children should raise their hand as they focus on the ringing peace it creates.

3. Big Bad Wolf Breaths

Blow away your worries! Bringing your arms out in front of you, link your fingers like you're giving yourself a hug. Together, take a deep breath and exhale several times. With each exhale, encourage children to bring their arms closer to their body all the way to their tummies.

4. Mermaid Tails

Get your flippers ready for this mindfulness move! Together, turn your body sideways and lean back on your bottoms, using your arms for support. Encourage children to show off their best mermaid kicks as they gently bend, stretch, and kick their legs.

