



Mindfulness



Things to try.....

Calming Jar - This is a perfect calming mindfulness activity, it is simply a jar filled with water and glitter. When your child feels the need to practice mindfulness, they simply sit in a quiet spot, shake the jar and watch as the floating glitter settles to the bottom. This allows the children time to relax with their own thoughts whilst enjoying the almost magical quality of the floating glitter.

Heartbeat Exercise - Ask your child to stand up and either jump up and down or do jumping jacks for one minute, at the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and breathing feels.

Muscle Relaxation - Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing, next squeeze the large muscles in the calves for 5 seconds, then gently release, continue moving up the body for more relaxation.

Useful links....

https://www.youtube.com/watch?v=Bk_qU7I-fcU

<https://www.youtube.com/watch?v=7zZC32WGAHs>

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

Top Tips for Mindfulness

Take advantage of quiet times - mindfulness should not be made into a big deal, the best time to introduce mindfulness is by practising it in the times when your child is calm and not stressed.

Start by simply talking to your child - ask them how they are feeling, if anything has upset them recently and show compassion, no matter what their answers are.

Spend time together - Go for a walk and point things out to your child and have them point things out to you. Your child notices an incredible amount of detail every day, help them realise this by taking the time to experience it with them.

Have a calm bedtime routine - consistent bedtime boundaries are important to everyone. Calming their mind will greatly increase their chances of falling off to sleep more quickly and soundly.

Be comfortable with quiet moments - Have regular times in your house where noise is consciously turned down and everything is switched off and everyone in the family takes time out to just 'be' instead of doing all the time.

