

Mindfulness Practices for School-aged Children

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5-4-3-2-1 MINDFULNESS

Bring your attention into the present. Quietly say in your mind:

- 5 things you can see
- 4 things you can feel / touch
- 3 things you can hear,
- 2 thing you can smell,
- 1 thing you can taste.



"STOP" PRACTICE (GOLDSTEIN, 2012)

S = Stop

T = Take a few breaths

O = Observe thoughts, feelings, body sensations

P = Proceed with intention

5 FINGER BREATHING:

Place your pointer finger at the bottom of your thumb and breathe in as you slide up. Breathe out as you slide down. Keep going until you have traced each of your fingers and taken 5 breaths.



HERE AND NOW STONE

Start by carefully examining your stone. Notice the colours, angles, how the light plays on it. Next, close your eyes and explore how your stone feels. Is it smooth or rough? What is its temperature? Open your eyes again. Do you notice something new? When we focus on our stone with appreciation, there is little room for regret about the past, or worry for the future. (Germer & Neff)

FRIENDLY WISHES

You can offer friendly wishes both yourself and to others.

May I be happy, May we be happy

May I be healthy, May we be healthy

May I be safe, May we be safe

May I feel peaceful, May we feel peaceful



NAME IT TO TAME IT

When we name our experiences, we help calm our brain. Can you give a name to your experience? e.g. "Sweaty hands, Frustration is here, I am noticing shortness of breath, Angry thoughts are here, The What-if thoughts are visiting, This is sadness."

*"You can't stop the waves,
but you can learn to surf"*

"Talk to yourself like you would talk to a good friend"

MINDFUL WALKING

Just like we can bring our awareness and curiosity to breathing, we can with walking. Start off by noticing any sensations in your feet. Start to notice how your feet feel as you walk. What is the sensation like in your heels and your toes? When your mind wanders bring your attention back to your feet. Walking just for the sake of walking. Even thanking your feet!



THREE-MINUTE BREATHING SPACE

Awareness: What is happening inside you & around you?

Gathering: Gently gather your attention to your breath.

Expanding: Expand your awareness to include your breath, body sensations, thoughts, feelings and sounds you notice.

H.E.A.R PRACTICE

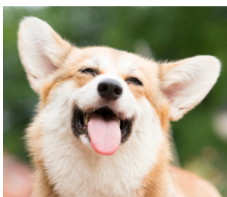
These steps help us with noticing pleasant moments:

H - Have an experience

E - Enrich it - bring to mind as many details as you can

A - Absorb it - bring this into your mind's eye & stay with the memory

R - Remember - by doing this practice, we are more likely to notice the pleasant moments in our day & remember them in future - our brain stores them in a new way (adapted from Rick Hanson, 2013)



HOT CHOCOLATE BREATHING

Imagine you are holding a mug of hot chocolate. Can you imagine its fragrant smell? Breathe in gently through your nose as if you are smelling this yummy drink. Then, breathe out through your mouth, as if you are blowing across the surface of your drink to cool it down. You want to do this slowly and gently so that it doesn't spill!

EVERYDAY BELLS OF MINDFULNESS

Any sound can be a reminder to come into the present. What is a sound that you hear everyday that could be your reminder to check in with yourself?



A MOMENT FOR ME

You can do this practice when you're feeling having a hard time:

1. Try saying these words to yourself, "this is stressful."
2. Next, say to yourself something like, "feeling stress sometimes is part of being human" or "I'm not the only one who feels this way sometimes."
3. Think about what words you most need to hear that would feel comforting. 'I know I'm doing my best.' "I'm not alone," "May I be kind to myself,"



Mindfulness isn't difficult. We just need to remember to do it!" ~ Sharon Salzberg