

2 Tips

Mindfulness and Young Kids Cheatsheet

Here at MindBE Education we teach kids to tune in to their breath, to their bodies and their environment so they can thrive in this busy world!

3 Reasons Why Mindfulness Matters

Research shows that mindfulness can:



Increase a sense of calm and inner peace in children



Improve empathy, prosocial behaviour and cognitive focus



Dissolve feelings of anxiety and worry

4 Tips on Where to Begin with Mindful Teaching



Start with yourself: practicing even a few minutes of breathing or meditation a day can create big changes with ripple effects



Start small: start with one minute and build up from there

Make it a habit: pick a time to practice each day and then add in more spontaneous practice



Use resources: there are many helpful books, apps and other tools to help you



5 Best Mindfulness Apps for Young Kids



Breathe, Think, Do with Sesame

Daniel Tiger's Grr-ific Feelings



Settle Your Gitter

Stop, Breathe & Think Kids: Focus, Calm & Sleep



Breathing Bubbles



4 Best Mindfulness Books for Kids



A Morning With Grandpa



Silence



Charlotte And The Quiet Place



The Lemonade Hurricane

4 Best Calming Techniques



Back to back breathing: Sit back to back with your child and together take deep breaths in and out in unison. Notice the other person's breathing

Bubbles: Go outside and practice deep breathing by blowing bubbles together



Teddy Breathing: Lie on the floor and put a teddy on your tummy. Practice breathing so the teddy stays on your tummy.

Make Gitter Jars: Watch the glitter falling like the quietening of the mind



5 Best Calming Techniques



Nature Walk: Go outside and examine nature up-close. Look at the leaves, flowers and notice all the tiny details in the amazing plants that surround us.



Yoga Poses: Practice stretching and balancing



Be An Explorer: Pretend to be an explorer and see how many details you can note about your surroundings

Colouring: Colour in detailed pictures that require concentration



Find my apple: Examine all the apples in a bag of apples. Choose one and note how it is different from the rest. Put all the apples in a bowl. Can you find your apple again?

