

Positive Behavior at **HOME**

MY NAME IS

AND THIS IS MY

Mindfulness



WORKBOOK

Positive Behavior at HOME

Dear Parents,

Within this workbook, your child will practice mindfulness activities that are especially designed for young children. These activities will help children use mindfulness to develop the ability to control their emotions, minimize stress and anxiety, and increase their focus. Each activity targets a specific area of development to help children learn and strengthen skills in a mindful way.

What is mindfulness?

Mindfulness is an evidence-based practice that helps children build key skills important for

- Planning and organization
- Controlling impulses
- Managing and identifying emotions
- Developing a growth mindset
- Nurturing empathy

We recommend doing one activity per day.

Here's what you will find inside:

Let's Practice Activity

- **Goal: Practice being in the present moment.**
This activity allows your child to practice moving their body as they concentrate on their breaths. Have your child practice their breathing as often as you can.

Mindfulness Activities

- **Gratitude** - Being able to find positive things to be grateful for can help during high stress times. Children who learn gratitude early are able to maintain and spread happiness during their life!
- **Focus** - Many children have a hard time focusing. Mindfulness activities allow your child to slow down and focus on the present.
- **Grounding** - This is an important step in mindfulness practice because it allows you to stop and be aware of what is happening around you. When children are grounded in the present moment, they are better able to manage overwhelming feelings.
- **Letting Go** - Letting go techniques help your child to disengage from things that make them feel overwhelmed. It allows them to handle things in a mindful, positive way.
- **Checking-in** - Identifying and managing strong emotions is crucial to maintaining healthy relationships. Checking-in is a way to help your child understand and share their feelings.

Additional Resources

- **Calming Techniques Cards** - These cards were developed to further extend mindful practices. When the workbook is finished, these techniques can help your child continue to practice mindfulness when they find themselves overwhelmed.

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Let's Practice!

Breathing Exercise

When children feel overwhelmed, they can have a hard time lowering themselves to a calm state of mind. Being able to control their breathing can encourage them to naturally bring themselves back from an elevated state. Teach your child different techniques to use to control their breathing and self-regulate. Start practicing with The Breath of Joy!

The Breath of Joy:

1. Stand tall with your feet apart
2. As you inhale, bring your arms over your head and rise up on your tiptoes.
3. As you exhale, swing your arms back down, bend your knees, and say "ah"
4. Do this 3-5 times to calm your body. Be sure to focus on your breaths.



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Mindfulness Activity that Encourages Gratitude

What makes you...: Practicing mindfulness allows us to take a moment to be grateful for the things we have. Ask your child to look around the inside outside of your home to find some of the things below that they are grateful for and draw a picture!

Something that makes you happy...

Something you love to smell...

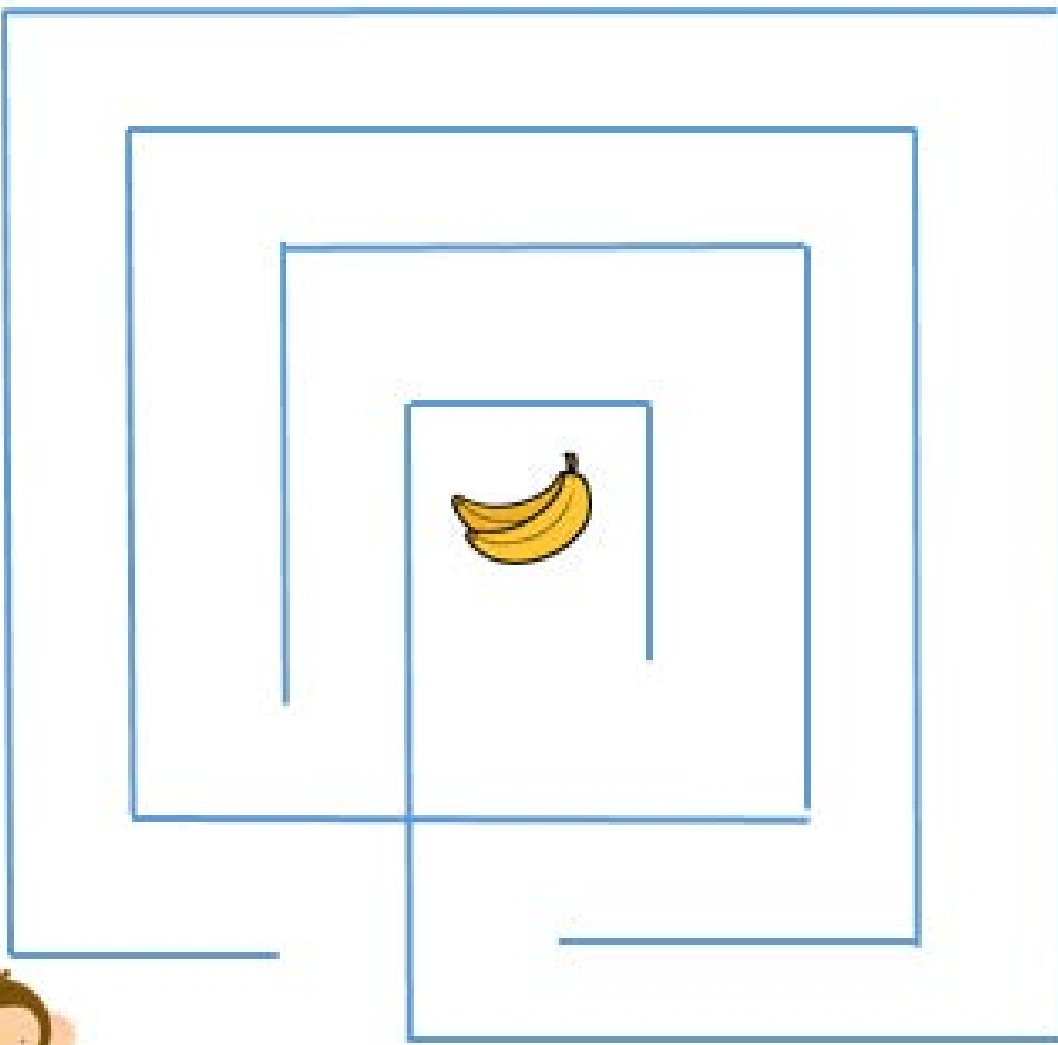
Something that is your favorite color...

Something that makes you smile...

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Mindfulness Activity that Strengthens Focus

Mindful Maze: Sometimes, we need a moment to stop and regain focus. Have your child use their pointer finger to help the monkey find his way through the maze to the bananas! Practice taking deep breaths while following the maze!



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Mindfulness Activity that Supports Feeling Grounded

What do you see? Ask your child to look around the room. What do you see? Recognizing the things that surround you can help you feel grounded. Have them draw a picture of the things they see.

Blue objects:

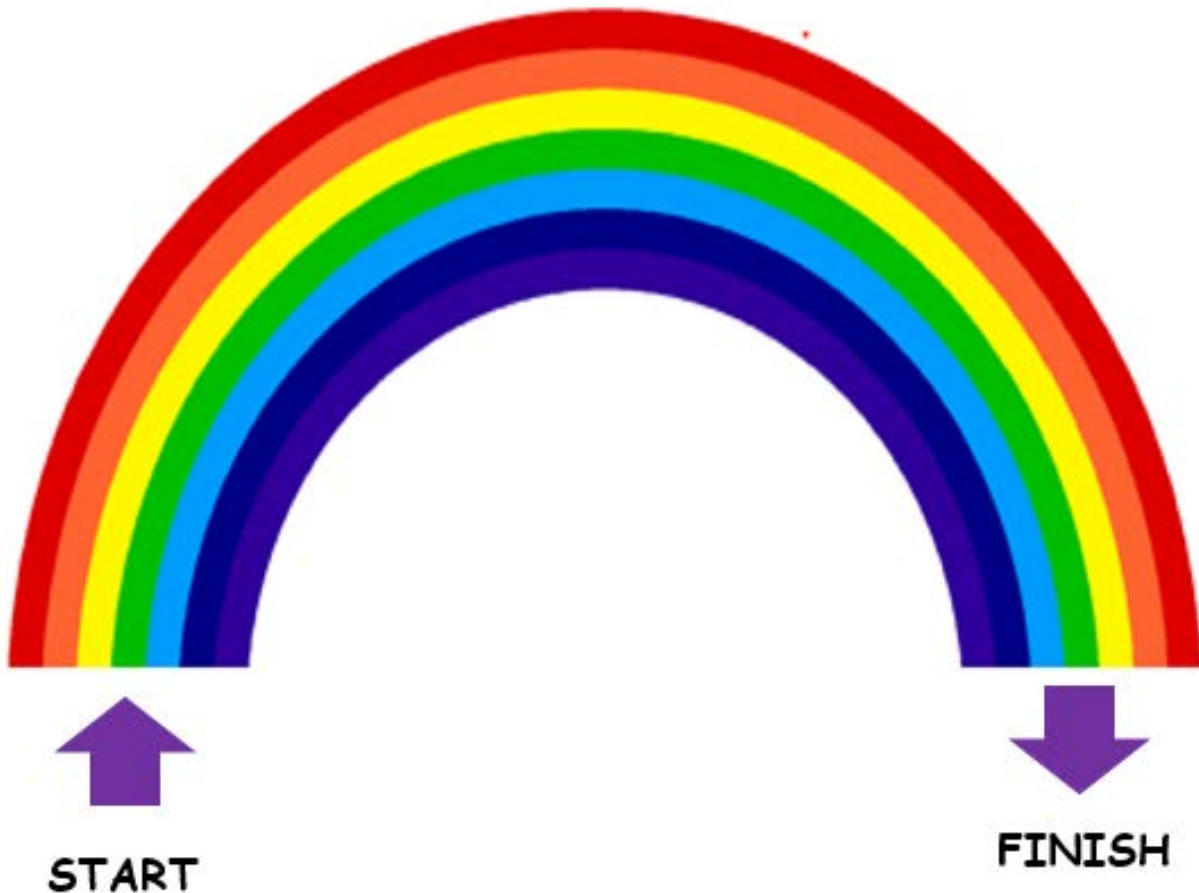
Red objects:

Green objects:

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Mindfulness Activity that Leads to Letting Go

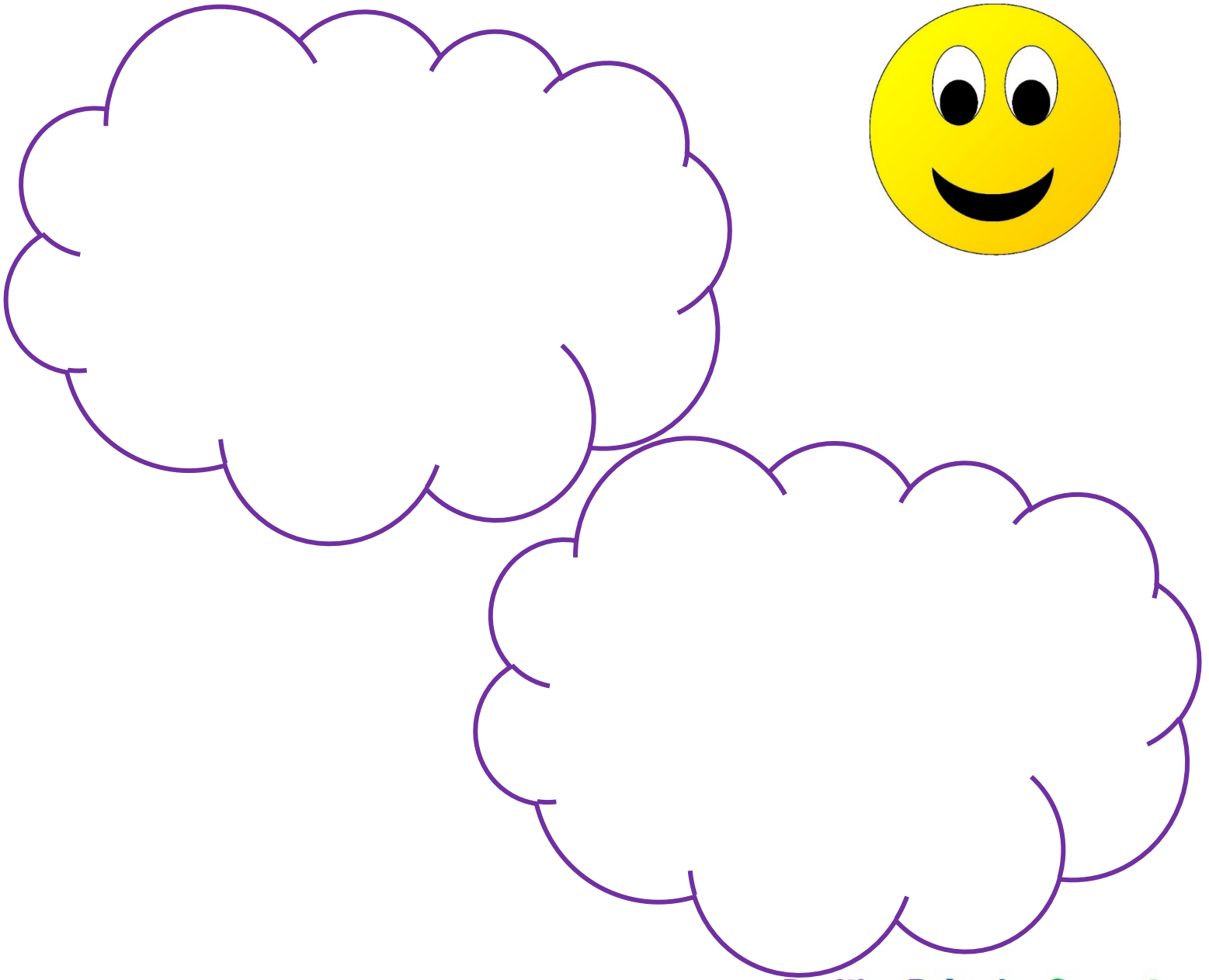
My Breathing Rainbow: Sometimes we need a little help letting go of strong feelings. Ask your child to look at the rainbow below and think of all the strong feelings they have. Then, use their fingers to trace the rainbow and let them go! Remember to breathe!



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Mindfulness Activity that Supports Checking in on Emotions

Feeling Thoughts: Being aware of our own feelings and how to handle those feelings is important. Ask your child to think of things that make them happy and draw them!



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Additional Resources:

Calming Techniques:

Different mindfulness calming techniques you can practice! This is an overview of how to help your child practice each of the cards.

- 1. Visualization:** Encourage children to lay down and visualize their favorite place. What does it look like? What can they hear? What can they smell?
- 2. Deep Breathing:** Practice breathing in slowly as you count to 3, then exhaling slowly as you count to 3. Encourage children to focus on their breaths.
- 3. Count to 10:** Teach children to slowly count to 10 when they need a moment. Encourage them to take deep breaths in between numbers.
- 4. Tense and Release:** This is a technique that helps children tense their bodies and then slowly let the tension go. An easy way to do this is to clench their fists and then practice slowly opening their hands.
- 5. Practice Yoga:** Teach children different yoga positions to help them calm themselves and refocus.
- 6. Be the Bubble:** Give children bubbles and encourage them to practice slowly blowing the bubble. This allows them to center their focus on the bubble, naturally allowing them to self-regulate.
- 7. Hand Over Heart:** Encouraging children to stop and put their hand over their heart allows them to begin breathing at the rate of their heart. Again, this encourages children to calm down.
- 8. Body Scan:** Teach children to check their own emotions. How are they feeling? How does that feeling *feel*? For example, when they are feeling angry they may notice that their head feels hot. Checking their emotions can help them learn to identify and manage those emotions.
- 9. Calm My Body:** Practice laying on the floor until their body has calmed down. While lying there, they can practice breathing, count to 10, or sing a song in their head.

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Calming Techniques Cards:

Attached are some calming cards to give you a start to practicing mindfulness every day! These calming cards allow you to help your child to continue developing skills such as self-control, identifying emotions, and deep breathing! Learning these techniques can promote healthy relationships, coping skills, and overall well-being.

