**3 Mindfulness Activities For Children**

**1. Belly breathing with a “buddy”**

* find a favourite soft toy (with some weight is good), a plastic bath boat, or similar
* have your child lie down and place the object on their tummy
* get them to pay attention to it by looking and touching
* encourage them to focus on how the object moves up and down as they breathe (you can suggest calm and slow breathing might even put the toy or people in the boat to sleep)
* this activity can be great as part of bath time or getting ready for bed.

**2. “Robot” child**

* ask your child to pretend they are a robot lying on the ground
* use a remote control (you can make one from cereal box) and pretend to “shut-down” your child/robot’s body
* begin with their feet/legs, move up the body to arms/hands, before getting to the face/brain
* ask “robot” if they can still feel any “electricity” in that body part after it’s been shut down
* as your child gets better with this activity, you can get more detailed with robot body parts (for example, toes, fingers, noses, ears)
* a variation is to get your robot-child to tense and relax (and reset) each body part as you control it with your remote.

**3. A mindful walk or “sensory countdown”**

* go for a walk outside and try to notice or find: five different sounds, four matching colours, three different textures, two different smells
* add different sounds, sights, shapes, and textures to tick off on a bingo-style checklist
* this activity can be adapted for inside play.