

Practicing Mindfulness & Meditation at Home

Mindfulness - Exploring Outside

This exercise will support children to self-regulate their feelings and emotions.

- ⚙ Lay on our back and look up at the clouds. What shapes can you see?
- ⚙ Close your eyes and listen to the birds or the trees in the wind. What can you hear?
- ⚙ What can you smell? What do you think the smell is?
- ⚙ What animals, bugs or insects can you see?
- ⚙ Take some deep breaths and allow quiet moments for thought.



Morning Meditation

Taking time to be calm and quiet is really important, here are a few simple steps to create a 5 minute meditation routine to help your child focus and settle for the day.

- ⚙ Find a space in a room where you can be together but have your own space, a mat or cushion on the floor works well.
- ⚙ Put on some relaxation music, ideally with no words, put it on quietly so you have to listen to hear it.
- ⚙ Sit in a position that is comfortable. This may be different for you and your child.
- ⚙ Eyes closed. Breathe in for 4 seconds, hold for 2 seconds breathe out for 4 seconds and repeat. It will help if you talk through this for the first few times.

