

RESOURCES AND IDEAS

BST/EIS

www.handsonscotland.co.uk (How to help children flourish)

Relax kids CDs and website: <http://www.relaxkids.com>

Mindful ideas for younger children

- Observe breath (1 min meditation), place a teddy on child's stomach & become aware of it rising and falling.
 - Finger painting, just notice sensations
 - Go outside & listen to surrounding sounds for 1 minute
- Eat food mindfully (mints, apples, raisins) or put ice in mouth or hand and notice the sensation or sip hot chocolate or apple juice
 - Observe fish movements in fishbowl
- Blow bubbles for 1 minute in a bowl of water - Blowing bubbles into water can also help children to practice taking long deep breaths.

Bubbles- mindful practice

- The purpose of this practice is to slow down, observe thoughts and release them or let go without judgement.
- Ask the children to sit in a comfortable position, with their back straight and shoulders relaxed.
- Ask them to close their eyes and to imagine bubbles slowly rising up in front of them.

Tell them that each bubble contains a thought, feeling or perception:

“See the first bubble rise up. What is inside?

See the thought, observe it, and watch it slowly float away.

Try not to judge, evaluate or think about it more deeply.

Once it has floated out of sight, watch the next bubble appear.

What is inside? Observe it, and watch it slowly float away.

If your mind goes blank, then watch the bubble rise up with “blank” inside and slowly float away

(From Tina Rae)