

Here at Mindfulmazing, we  
want you to love your life!



# 12 MINI MINDFULNESS EXERCISES FOR KIDS



Are you a Focused / Motivated /  
Approachable / Respectful /Calm /  
Thankful kid?

You will be! You're in the right spot...



# MINDFUL BREATHING FOR KIDS

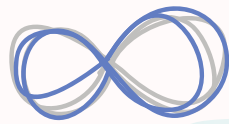
Let's make mindfulness fun!

*Just keep breathing...*

## 1. THE POWER OF BREATHING

START  
HERE

First, we need to teach our kids how to breathe deeply. Trace the shape below, breathe in deeply while tracing the first half of the design, then, exhale slowly while tracing the second half of the shape.



## 2. 10 DEEP BREATHS

Put your hands on your belly and fill it up with your biggest breath. Like this: Inhale for one, feel your belly fill and expand. Exhale for two, feel your belly go down. Do this ten times. Can you feel your body sink into relaxation? Try this whenever you feel anxious or angry.

## 3. SET A TIMER

Set a timer for one minute. Sit cross-legged on the floor, in a chair or outside in the grass and breathe in and out until the timer goes off. Pay close attention to any sounds you hear or any sensations in the body. Just notice. If your mind wanders, pull it back to the breath.



READY TO FEEL CALMER, MORE FOCUSED, AND RELAXED?

# FOLLOW THE SUN BREATHS

TRACE THE SUN RAYS WITH YOUR FINGERS AS YOU BREATHE  
IN AND OUT!

**START  
HERE**



# MINDFUL MOMENTS FOR KIDS

Let's make mindfulness fun!

*Living in the moment...*

## 1. JUST ONE MINUTE

Set a timer for one minute,

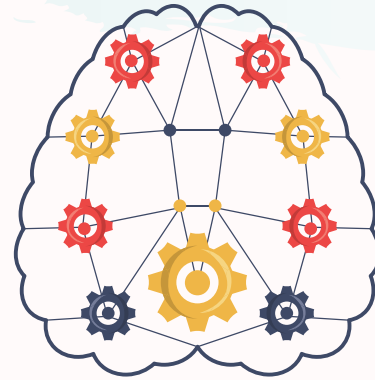
What can you see?

What can you hear?

What can you smell?

What can you touch?

Concentrate and focus **ONLY** on what's happening right now.



START  
HERE



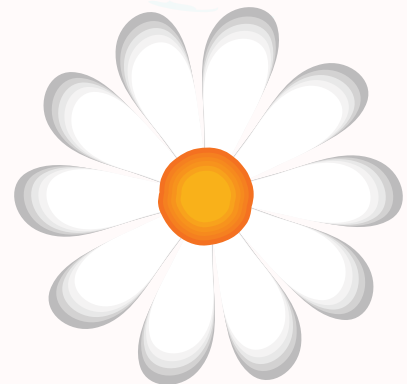
## 2. SPIDEY SENSES

Enter into your "spidey" state where for two minutes you move around the room with heightened spidey superpowers. In this state you will pay close attention to what you see, hear, smell, touch, and even taste. Can you hear a lawnmower, birds or cars? Can you see the T.V., windows, or table? Can you touch the carpet, water facet, or front door?

## 3. FOCUS FLOWER

Find a flower (outside) and spend two minutes looking at it closely. (No flowers? Any object will do - rocks, pinecones, or leaves, etc.)

Pretend you are looking at it for the first time. Can you notice all the intricate details? Look at the petals, lines and colors. What does it smell like? What does it feel like?



READY TO FEEL CALMER, MORE FOCUSED, AND RELAXED?

# THREE STEPS FOR DEEP BREATHING

**START  
HERE**



Look up to the sky and take three big breaths



Breathe down to the  
bottom of your shoes



Exhale all the way up to the  
top of your head

**IF IT FEELS GOOD, REPEAT!**

# MINDFUL AWARENESS FOR KIDS

Let's make mindfulness fun!

*I think I can...*

START  
HERE

## 1. BODY SCAN

Squeeze the muscles in your shoulders for ten seconds. Now relax. Next, squeeze your stomach muscles for ten seconds. Relax. Move down your entire body tensing and relaxing.



## 2. STARFISH FINGERS

Hold your hand up and spread your fingers wide. Then, with the finger of the opposite hand, trace all your fingers, counting from one to five. Take turns tracing each others fingers.

**Pro Tip:** This is a fabulous exercise to do at bedtime. It's rhythmic, soothing and calming.

## 3. BLINDFOLDED SNACK TIME

Pick five different foods that fit inside a child's palm (apples, raisins, strawberries, etc.)

Blindfold your child and tell them this is a tasting game, ask them to use their senses to guess what they are eating. How does the food feel in their hand? In their mouth?

Pay attention to the texture, smell, and taste.

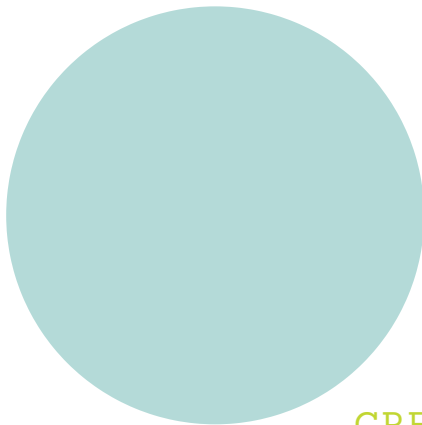


READY TO FEEL CALMER, MORE FOCUSED, AND RELAXED?

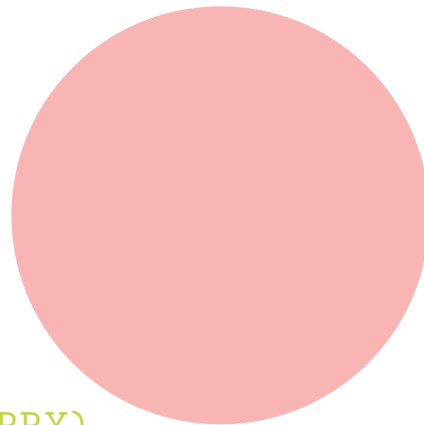
# COLOR BREATHING

Close your eyes and imagine your anxiety/anger/fears/worries as a color. Now take a deep breath in and blow all those worries out. Is your anger red? Imagine blowing the color red out of your body for a count of three. Now, breathe in a healing, warming, happy color. Does blue make you smile? Well, breathe it in for a count of three. Keep doing this until all your worries are gone and you are left filled with a bright, calming light.

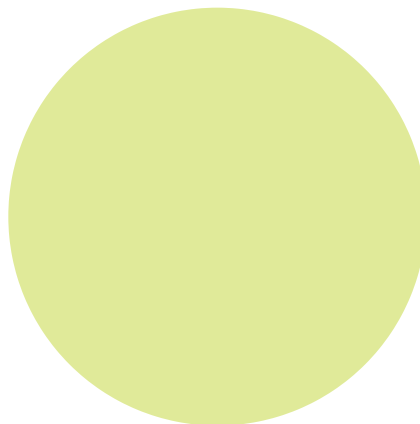
BLUE (CALMING)



RED (ANGER OR ANXIETY)



GREEN (HAPPY)



**IF IT FEELS GOOD, REPEAT!**

# MIGHTY MINDFUL KIDS

## 40 FUN MINDFULNESS EXERCISES

*Focus, Calm, Awareness, Sleep, Relationships*



**START  
HERE**

Now that you've dipped your toes into mindfulness for kids, why not take your practice to the next level with 40 **fun, easy, step-by-step** mindfulness activities for kids?

- ★ 8 exercises for focus (think improved grades and sports abilities)
- ★ 8 exercises for calm (think less tantrums and less stress and anxiety)
- ★ 8 exercises for awareness (think living in the moment and less screen time)
- ★ 8 exercises for relationships (think deeper friendships and more meaning)
- ★ 8 exercises for kindness and gratitude (think awesome character building and kids who aren't entitled)

**YAY! I'M SO EXCITED**



Click here or go to <https://mindfulmazingshop.com/>

