

7

EASY & FUN mindfulness ACTIVITIES FOR KIDS

BY THIS TIME OF MINE



1

CALMING GLITTER JAR

- Grab a jar or plastic bottle and let your child decorate it.
- Fill the bottle $\frac{3}{4}$ of the way with water followed by clear glue, food coloring, and glitter.
- Seal the lid with hot glue, shake, and have fun watching the glitter settle.

2

LISTEN TO THE BELL

- Have your child sit somewhere comfortable and close their eyes.
- Ring a bell and instruct them to focus on the sound as it fades away.
- When they think the sound is gone, they can open their eyes.



3

FEEL THE BEAT

- Have your child jump up and down or do jumping jacks for 1 minute.
- Then have them sit down and place their hand on their heart.
- Encourage them to pay attention to their breathing and how their heartbeat feels.



4

HOW IS THE WEATHER?

- Help your child relate their feelings to different weather patterns (Sunny=happy, cloudy=lonely, etc.)
- Just as the weather, emotions come and go. Feeling emotions is perfectly normal, and naming them helps us have power over them.



5

5 SENSES GRATITUDE CHALLENGE

- Have your child close their eyes and use their senses to concentrate on things they are thankful for.
- Walk them through this exercise by asking, "What is your favorite thing to listen to?", etc.



6

HOT COCOA BREATHING

- Have your child close their eyes & imagine holding a big mug of hot chocolate.
- Tell them to slowly bring the mug close to their face.
- Then a deep breath in, smelling the delicious chocolate scent.
- And slowly blow the steam away from the hot chocolate.



7

SENSORY SCAVENGER HUNT

- Go outside on an adventurous scavenger hunt.
- As your child finds each item, have them notice how it feels, looks, and smells.



Fun Mindfulness Games

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Fun Mindfulness Games:

The Enigmatic Realm of **Fun Mindfulness Games**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Fun Mindfulness Games** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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