

School Age

Positive Behavior at HOME

MY NAME IS

AND THIS IS MY

Mindfulness



WORKBOOK

Positive Behavior at HOME

Dear Parents,

Within this workbook, your child will practice mindfulness activities that are especially designed for school age children. These activities will help children use mindfulness to develop the ability to control their emotions, minimize stress and anxiety, and increase their focus. Each activity targets a specific area of development to help children learn and strengthen skills in a mindful way.

What is mindfulness?

Mindfulness is an evidence-based practice that helps children build key skills important for

- Planning and organization
- Controlling impulses
- Managing and identifying emotions
- Developing a growth mindset
- Nurturing empathy

We recommend doing one activity per day.

Here's what you will find inside:

Let's Practice Activity

- **Goal: Practice being in the present moment.**
This activity allows your child to practice moving their body as they concentrate on their breaths. Have your child practice their breathing as often as you can.

Mindfulness Activities

- **Check-In** - The importance of "Check-in" is to help your child learn to understand and share their feelings. Identifying and managing strong emotions is crucial to maintaining healthy relationships.
- **Focus** - Many children have a hard time focusing. Mindfulness activities allow your child to slow down and focus on the present.
- **Gratitude** - Being able to find positive things to be grateful for can help during high stress times. Children who learn gratitude early are able to maintain and spread happiness during their life!
- **Kindness** - Mindfulness helps us to be kind regardless of what is happening around us. Awareness of our own feelings and the feelings of others nurtures empathy and allows us to care for others.
- **Grounding** - This is an important step in mindfulness practice because it allows you to stop and be aware of what is happening around you. When children are grounded in the present moment, they are better able to manage overwhelming feelings.

Additional Resources

- **Calming Techniques Cards** - These cards were developed to further extend mindful practices. When the workbook is finished, these techniques can help your child continue to practice mindfulness when they find themselves overwhelmed.

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Let's Practice!

Breathing Exercise

When children feel overwhelmed, they can have a hard time lowering themselves to a calm state of mind. Being able to control their breathing can encourage them to naturally bring themselves back from an elevated state. Teach your child different techniques to use to control their breathing and self-regulate. Start practicing with The Breath of Joy!

The Breath of Joy:

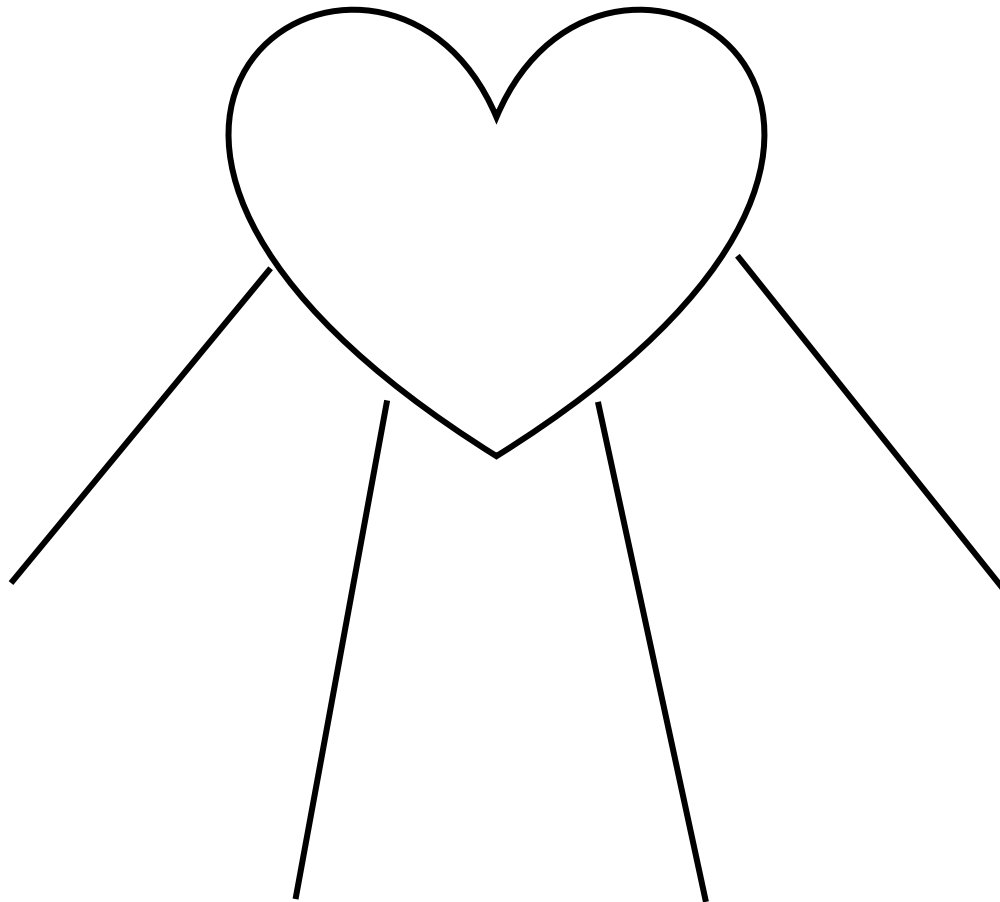
1. Stand tall with your feet apart
2. As you inhale, bring your arms over your head and rise up on your tiptoes.
3. As you exhale, swing your arms back down, bend your knees, and say "ah"
4. Do this 3-5 times to calm your body. Be sure to focus on your breaths.



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Mindfulness Activity that Supports Checking in on Emotions

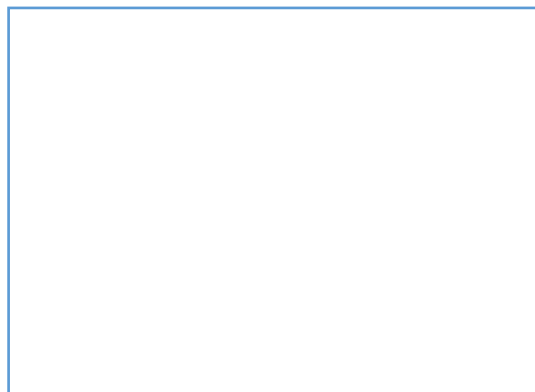
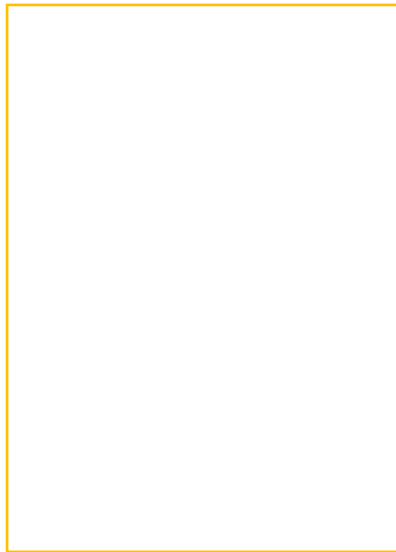
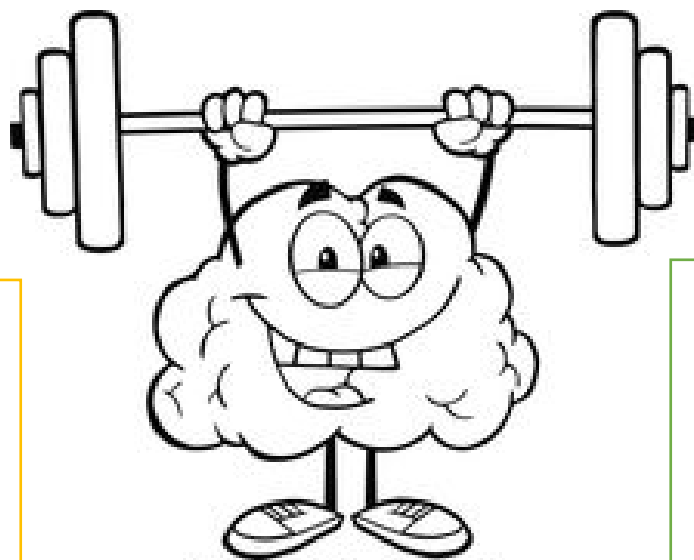
Feeling Check-In: Being mindful allows us to recognize our emotions. Checking-in with our feelings and ourselves is important. Think of some feelings you had today. What were those feelings and what was the reason you felt that way?



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Mindfulness Activity that Strengthens Focus

Brain Focus: Learning mindfulness can help grow your brain! Color in the picture of the brain and draw a picture of 3 things your brain can help you focus on!



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Mindfulness Activity that Encourages Gratitude

Grateful Moments: Sometimes, we need to take a moment to be grateful for the things we are able to accomplish. Practice repeating, "I am..." statements. "I am..." statements can help remind us of all of the things we do well. Write the things you do well in the boxes below.

"I am..."

"I am..."

"I am..."

"I am..."

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Mindfulness Activity that Fosters Kindness

Helping Friends: Part of being mindful also means helping others feel good. Draw a picture and write about a time that you helped a friend. How did it make you feel? How did it make your friend feel?



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Mindfulness Activity that Supports Feeling Grounded

I Can See: Did you know that your senses can help you practice mindfulness? The five senses are smell, taste, hear, see, and touch. Take a deep breath and use your senses to be aware of what surrounds you.

I can see...



I can smell...



I can hear...



I can taste...



I can touch...



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Additional Resources:

Calming Techniques:

Different mindfulness calming techniques you can practice! This is an overview of how to help your child practice each of the cards.

- 1. Visualization:** Encourage children to lay down and visualize their favorite place. What does it look like? What can they hear? What can they smell?
- 2. Deep Breathing:** Practice breathing in slowly as you count to 3, then exhaling slowly as you count to 3. Encourage children to focus on their breaths.
- 3. Count to 10:** Teach children to slowly count to 10 when they need a moment. Encourage them to take deep breaths in between numbers.
- 4. Tense and Release:** This is a technique that helps children tense their bodies and then slowly let the tension go. An easy way to do this is to clench their fists and then practice slowly opening their hands.
- 5. Practice Yoga:** Teach children different yoga positions to help them calm themselves and refocus.
- 6. Be the Bubble:** Give children bubbles and encourage them to practice slowly blowing the bubble. This allows them to center their focus on the bubble, naturally allowing them to self-regulate.
- 7. Hand Over Heart:** Encouraging children to stop and put their hand over their heart allows them to begin breathing at the rate of their heart. Again, this encourages children to calm down.
- 8. Body Scan:** Teach children to check their own emotions. How are they feeling? How does that feeling *feel*? For example, when they are feeling angry they may notice that their head feels hot. Checking their emotions can help them learn to identify and manage those emotions.
- 9. Calm My Body:** Practice laying on the floor until their body has calmed down. While lying there, they can practice breathing, count to 10, or sing a song in their head.

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Calming Techniques Cards:

Attached are some calming cards to give you a start to practicing mindfulness every day! These calming cards allow you to help your child to continue developing skills such as self-control, identifying emotions, and deep breathing! Learning these techniques can promote healthy relationships, coping skills, and overall well-being.

