Why Mindfulness is Good for Kids

Which is a mindful choice when you are angry?

Cross your arms
and stomp your feet.

Pause to think about
your feelings and take
a few deep breaths.

Which is a mindful choice when you cannot fall asleep?

Turn on the TV, a tablet, or another screen.

Focus on your breathing and silently list things you are grateful for.

Which is a mindful choice when you greet a friend?

Wave quickly and walk away.

Say hello and say their name.

Mindfulness Matters

The more you pause to be mindful, the more you will notice your feelings and emotions. This helps you make healthy choices.

Mindfulness Matters

Being mindful helps you control your choices.

Being mindful can also help you feel better when you are stressed.

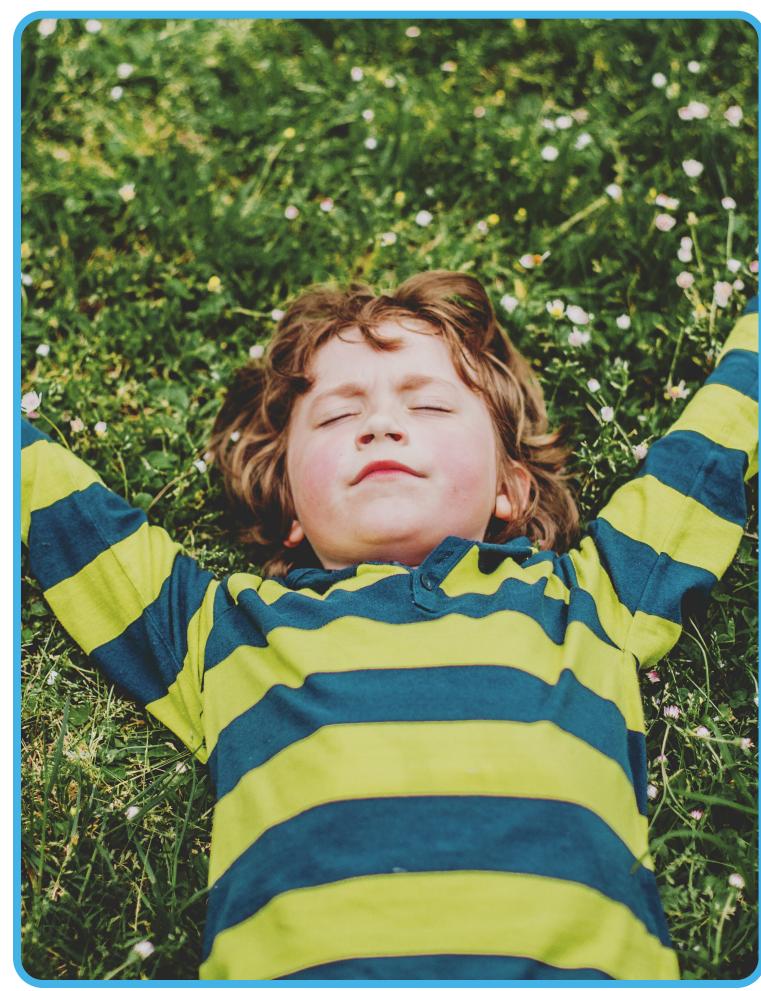**WHAT ARE THE BENEFITS OF BEING MINDFUL?**

Try It Now: Tense and Relax

1. Lie on your back or sit in a comfortable position. Close your eyes.

2. Starting at your toes, squeeze and release each muscle in your body. Focus on how your body is feeling.

3. Relax your entire body for a couple minutes, then open your eyes.

Try It Now: Flowers and Bubbles

1. Get in a comfortable position and close your eyes.

2. Keep your mouth closed. Breathe in slowly through your nose like you are smelling a flower.

3. Hold that air in your body while you silently count to 2.

4. Slowly let the air out through your mouth like you are blowing bubbles.

5. Repeat 5 times. Focus on how your body is feeling.