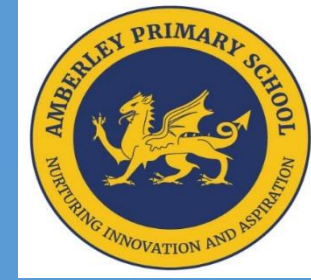
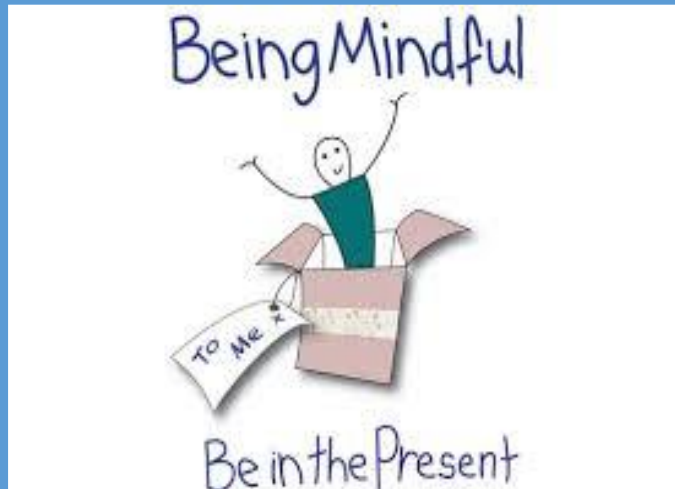


Welcome



Amberley Mindfulness session 9.30-10.30



<https://www.cosmickids.com/mindfulness-meditation-videos-kids/>



"If every 8 year old is taught meditation, we will eliminate violence from the world within one generation"

Dalai Lama

Probably the number one search query that leads people to my site is a variation on

"how do I teach mindfulness to kids?"

Which is

FANTASTIC

because **our children need mindfulness.**

We ask them to

and

calm down!



... and we don't really teach them how to actually **DO** either of those things!

Agenda

- What is Mindfulness?
- History of Mindfulness
- Strategies
- Suggested books
- Suggested websites
- Any questions

History of mindfulness

Historical Context

- Origins in Buddhist practice from Asian tradition

Contemporary Context

- A growing body of scientific research shows its positive effects on mental health and well-being.
Practicing mindfulness has been shown to improve attention and reduce stress as well as increase one's ability to regulate emotions and feel compassion and empathy

What is mindfulness?

Jon Kabat-Zin:

“Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgmentally.”

Mindfulness is noticing what comes through our senses during any activity eg, sounds in our environment, breathing, or looking at something and noticing details (ie size, colours and textures)etc.

Distracting thoughts and feelings are not ignored but rather acknowledged and observed without judgement.

Benefits (As research has shown)

- Feel peaceful and calm
- Fall asleep more easily
- Cope with stress and anxiety
- Increase focus and concentration
- Handle difficult emotions
- Develop creativity and imagination
- Self-confidence & management

Mindfulness is not

- Trying to get to a special state
- Trying to get certain experiences
- Not about controlling your mind
- Not about clearing your mind
- Not passive
- Not about not thinking

FAMOUS PEOPLE WHO USE MINDFULNESS

- Kobe Bryant, NBA All-Star
- Lady Gaga
- LeBron James, Miami Heat star
- Hugh Jackman
- Derek Jeter, Yankee shortstop
- Mick Jagger
- Kristen Bell
- Eva Mendes
- Michael Jordan, formerly of Chicago Bulls
- Howard Stern
- Jeff Bridges
- Dan Harris, news anchor
- Clint Eastwood
- Naomi Watts
- Katy Perry, singer
- Oprah Winfrey
- George Lucas
- Sting
- Paul McCartney
- Madonna
- Gwyneth Paltrow



Mindfulness in schools –

<https://youtu.be/mKJlshHiEyA>

Why mindfulness for children –

<https://www.youtube.com/watch?v=8jCKOA7lB-w>



Have I
remembered
my PE kit?

I hope we
haven't got
pasta for dinner
tonight again!

I hope Katy is at
dancing class
tomorrow, I'm
lonely when she's
not there.

I hope my baby
sister doesn't
keep me awake
again tonight.

I can't believe my
brother took my football
to school with him
without asking...it's
mine!

Amberley

Starting a Mindfulness Meditation Practice

- *Make sure they are ready to give mindfulness a try; if they are full of energy and itching to run and play, it may not be the best time for practicing mindfulness for the first time.*
- *Explain what mindfulness is and what it is not*
- *Say it in an age-appropriate way*
- *Offer to practice mindfulness with them; sometimes having a model makes all the difference.*
- *Assure them that it's okay to get off track.*
- *Afterwards, finish the practice by doing something they enjoy with them to ensure they have a positive experience.*
- *Start small.*
- *Make it a daily habit.*



Breathing

1. Hold the left hand in a fist. Ask the child to imagine it is a flower.
 2. Hold the right hand in a fist. Ask the child to imagine it is a candle.
 3. Inhale, pretending to sniff the flower.
 4. Exhale, pretending to blow out the candle.
- Encourage the child to breathe deeply, to really smell the flower. Then tell them to exhale completely, to really really blow the candle out.

Blowing bubbles—either with detergent or even with a straw in a glass of milk (like bubbles, thoughts are transient).

Let's pretend we are holding a bubble wand in our hand.

We are going to pretend to blow bubbles all around the room.

Breathe in deeply and breathe out slowly. Blow the bubbles around the room.

Let's practice this a few times

Belly breathing —use a stuffed animal on the chest to make sure the belly rises and falls, and encourage slow release of the breath. Even middle school kids like this prop!

Listening

A singing bowl, wooden ladle banging against a pot, set of chimes, phone app with sounds on.

Identify the exact moment you no longer hear any sound.

Listen to the bell. An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. Tell your children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).

This exercise can have a calming effect on children, and it's a fun way to teach them to pay attention to their surroundings.

Movement

- Robot/jelly activity

- Yoga



Mindfulness Walking

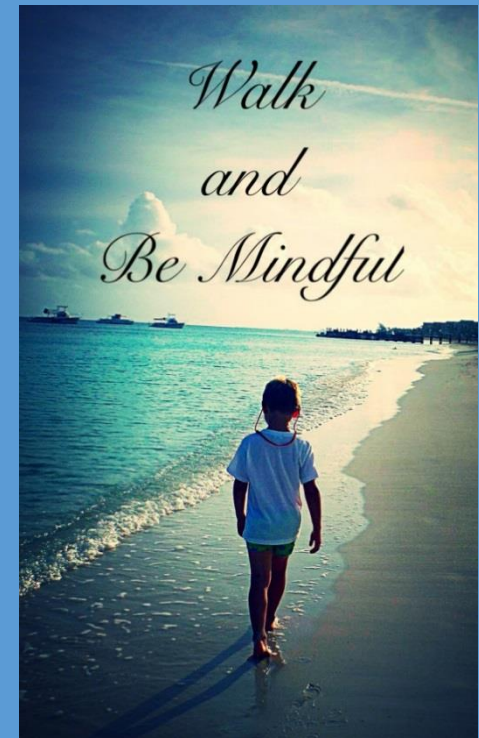
This is a simple activity that will teach the child to be mindful of his or her surroundings. Before you begin, have a quick discussion to remind him of the colours of a rainbow (red, orange, yellow, green, blue, indigo, violet). Then, step outside.

Throughout the walk, ask the child to find something to represent each colour of the rainbow. He could bring a small notebook to jot down his answers, or he can simply take note of them in his mind.

Depending on the surroundings, some colours will be more difficult to locate than others; this is part of the fun! Try to keep walking until he's found an example of every colour. As he grows, this strategy might turn into a daily mindful habit.

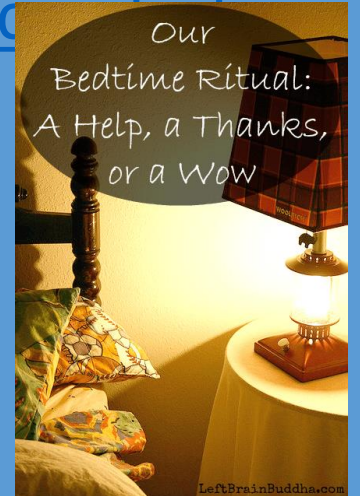
When done, ask how it felt to be mindful of his surroundings.

Was it fun? Was it calming?



Bedtime

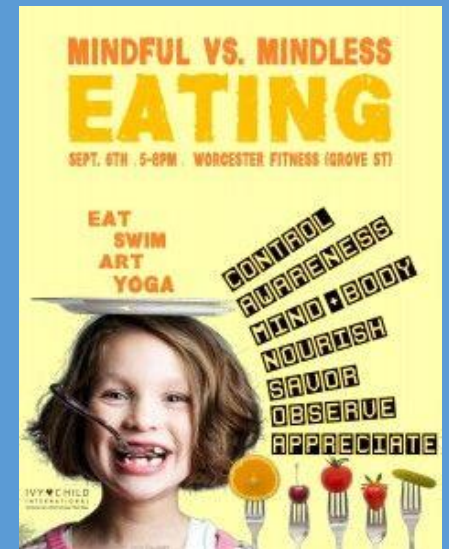
Create a mindful bedtime ritual. Bedtime is a great time to introduce mindfulness to kids. My daughter loves to do a short body-scan meditation before bed — she closes her eyes, and I tell her to bring her attention to her toes, to her feet, to her legs, etc. It is a calming way to return to the body at the end of the day. You can find several [downloadable meditation scripts \(including body scans\) here](#), and you can read about the [bedtime ritual my daughter and I do here](#).



Mindfulness Eating

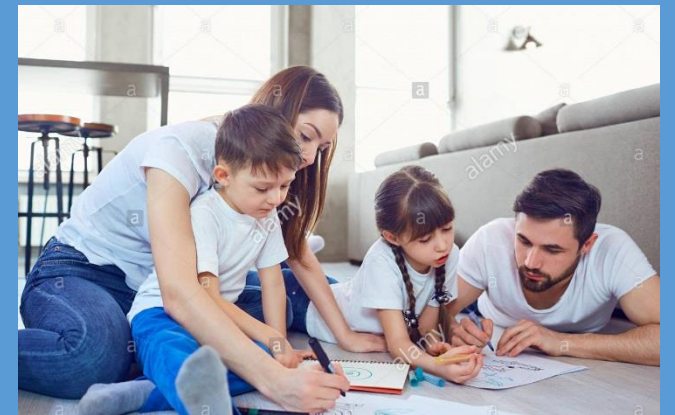
Mindful eating requires you to be in the moment and to deliberately pay attention. Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.

With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.



Mindfulness Activities

Family floor time—everyone sits or lies together for 15 minutes at the end of the day or before dinner and just talk and hang out technology-free. Set a timer and let everyone just settle after a busy day.

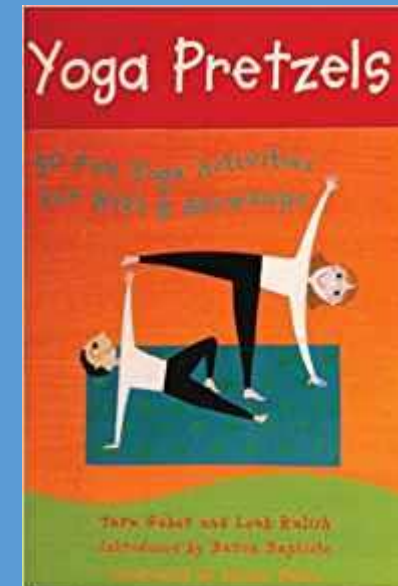
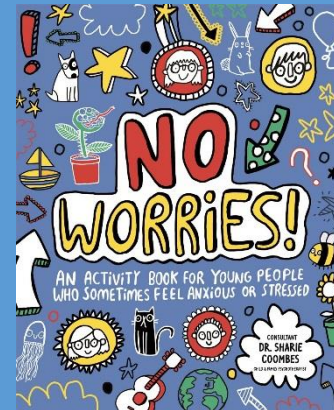
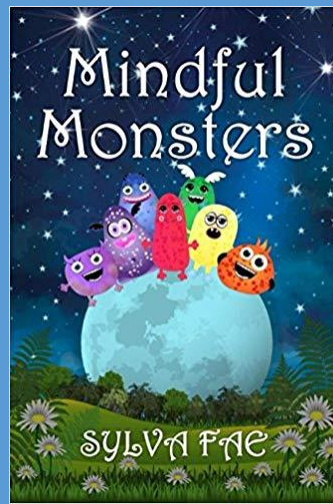
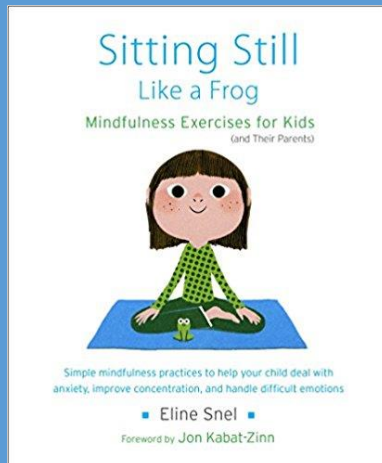
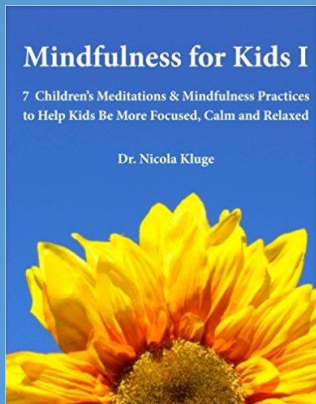


Books

- [BeeYOUTiful: A Storybook and Mindfulness Activity Guide for Busy Little Bees](#) by Kristi Kremers

Mindfulness for Kids I: 7 Children's Meditations & Mindfulness Practices to Help Kids Be More Focused, Calm and Relaxed: Seven Meditation Scripts with Warm-up & Follow-up Activities: Volume 1

- [Sitting Still Like a Frog: Mindfulness Exercises for Kids \(and Their Parents\)](#) by [Eline Snel](#)



Websites

Cosmic Kids Zen Den

<https://www.cosmickids.com/mindfulness-meditation-videos-kids/>

Belly Breathe" with Elmo

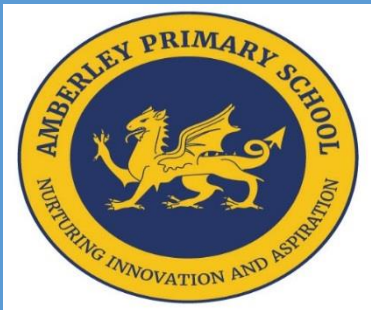
<https://www.youtube.com/watch?v= mZbzDOpylA>

<https://www.headspace.com/meditation/kids>

<http://www.kidevolve.com/>

<https://leftbrainbuddha.com/resources-for-teaching-mindfulness-to-your-children/>

<https://www.gonoodle.com/>



Mindfulness Session



Thank you for coming