

Teaching your child mindfulness

Mindfulness teaches our kids to tune into their feelings and thoughts. Fostering this skill early can help them better handle stress in the years to come.

- **Share feelings:** Practice expressing gratitude at dinner by having each person share one thing he or she is thankful for.



- **Be active:** Ask children to jump up and down and then place their hands on their hearts. What do their heartbeats feel like? How fast are they breathing?
- **Talk about everyday objects that your child takes for granted:** What does their favorite toy feel like? Try activities such as sand drawing or finger-painting.
- Ask your child to eat a piece of fruit slowly. Before eating the fruit, ask your child to explore its shape, color, smell and texture. **Encourage him or her to notice the taste and sensations while chewing.**
- Go for a mindful stroll. On the walk, designate short periods of time to zone into your senses. **Spend one quiet minute listening to sounds, noticing sights, smells or feelings.**
- **Breathing exercise:** Next time your child is holding their favorite teddy on their belly, ask them to notice the teddy rising and falling as they breathe. See if they can “slow teddy down” by breathing slower.