

Benefits of Mindfulness

for Young Children

Improved academic performance

Teaching children mindfulness can impact their cognitive ability. Mindfulness helps children to organize information and engage in planning.



Increased focus

Mindfulness has increased children's focus as they pay more attention to the present moment.

Decreased levels of stress

Being mindful or participating in mindfulness activities helps children manage stress and increase their sense of well-being.



Improved social skills

By participating in a mindfulness program, children have better participation in class.

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Mindfulness Activities

Blowing bubbles

Have kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away. Watch how far they go before they pop!



Stand and stretch

Encourage kids to take a moment to get up and silently stretch their bodies.



Playing with balloons

Tell kids that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently. Pretend the balloon is very fragile and try not to let it land.



Pinwheels

Get kids to take a deep breath through their nose and then slowly breathe out blowing on the pinwheel watching the pinwheel spin. They can repeat this a few times until they feel calm. Have them try different breathing speeds to compare the effects.

