



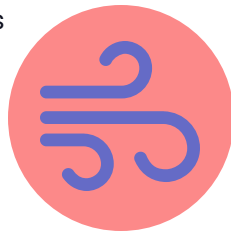
Mindfulness for Keiki

Tools for Self-Calming

Mindfulness is the ability to focus on the moment, the here and now and let go of thoughts that come along. It provides children a tool to self-calm and focus on what's happening at the moment so they can pause and use strategies they know work for them to tackle a stressful situation. Try a few of these activities, about 5 minutes each, to help your child find their inner calm.

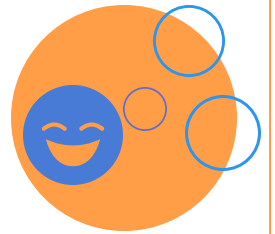
Belly Breathing

When we are stressed, our breaths come fast and shallow. Belly breathing reduces our heart rate and triggers a calm response. Place your hands on your belly. Breathe in for 4 seconds, hold in the air for 4 seconds, slowly blow out the air until it's all gone.



Mindful Bubbles

Watching bubbles can calm the mind, reduce frustration and promote peaceful thinking. Blow a single bubble. Pay attention to the swirling colors. Watch how each bubble floats magically in the air. Intentionally pop one and notice how it feels on your skin.



Bell Listening Exercise

A simple, yet powerful exercise that shifts attention to the present moment and surrounds. Ring a bell (a physical bell or from an app). Close your eyes and listen to the vibration of the bell. Raise your hand when it stops, then listen for other sounds for 1 minute.



Coloring

Coloring can help you feel more present, calm your mind and chase worries away. Find a peaceful place. Focus on your breathing and how different colors make you feel. Notice the textures and how colors blend. Don't let your mind wander, stay focused on the present.



Glitter or Calming Jar

This activity shows how strong emotions can take hold and how to find peace when feeling overwhelmed. Fill a clear jar with water, some glitter and baby oil. Shake the jar and watch as the glitter settles down after swirling chaos. Focus on your breathing.



Use Your Spidey Senses

This classic mindfulness exercise helps you to pause and focus your attention on the present. Turn on your "Spidey senses" to pay attention to sights, smells, hearing, taste and touch. Take a moment to focus on each sense, one at a time, while breathing deeply.



Sources:

<https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>
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