

A month of mindfulness and calm down strategies for children

(if you are uncertain what each of these activities are, google and you will get many examples)

<p>Keep a journal about one thing you learned, one thing you are grateful for and one act of kindness you have done each day.</p>	<p>Nostril swap breathing – 15 each side</p>	<p>Play with your pet</p> 	<p>Mindful shoulder roll</p>	<p>Lego challenge with family members</p> 	<p>Watch or listen to something funny</p> 	<p>Bumblebee Breathing- take a deep breath through your nose and hum gently when you breathe out.</p>
<p>Mindful gardening</p> 	<p>Shoulder roll breathing. Sit comfortably – breathe in and raise your shoulders – breathe out and roll them gently down.</p>	<p>Listen to music and dance like no one is watching</p> 	<p>Body scan. Lie down and slowly scan each part of your body to see which parts are tight or tense. Gently release them.</p>	<p>Gratitude list Make a list of, and draw, 5 things you are grateful for.</p>	<p>Listen to music in a calm and mindful way</p> 	<p>Go for a big run around your back yard</p> 
<p>Have some limited time playing on a screen</p>	<p>Help your parent/s around the house by doing some Mindful housework</p> 	<p>Make a construction out of play dough, clay or plasticine</p>	<p>Mindfully eat some chocolate/ chips/ crunchy apple/ grapes</p> 	<p>Find 10 different leaves in your backyard – use them in a collage, paint them and use as stamps, find out the names of the trees they come from</p>	<p>Lie on your back and watch the clouds – see if you can make out figures/shapes</p> 	<p>Balloon breathing – sit comfortably – take a big breath and image your belly is filling up with air like a balloon–breath out and let the air out.</p>
<p>Mindful listening – close your eyes and see if you can identify 5 different sounds you can hear</p> 	<p>Have your child give you the 'weather report' on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out"</p>	<p>Read your favourite book</p> 	<p>Press the pause button' together during a tense moment (but not too tense) and check in with how each of you is feeling at that moment</p>	<p>Explore smell by inviting your child to help you cook a meal while taking notice of each smell present</p>	<p>Blow bubbles 'slo-mo' style, emphasize a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible</p>	<p>Have a 'mindful' snack by describing the smell, texture and taste of the food</p> 
<p>Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowing releasing</p>	<p>Sit with your child and 'colour your feelings' together depicting each emotion with a new colour</p> 	<p>Practice kind thoughts by prompting your child to think of 5 people they'd like to send kind wishes to</p>	<p>Relax and watch a family favourite movie together</p> 	<p>Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels</p>	<p>Explore emotion by prompting your child to scan their body when experiencing a feeling, and describe where they feel it the most</p>	<p>Explore gratitude - go back and forth with your child (for as long as you can!) to name as many things you are grateful for</p>

