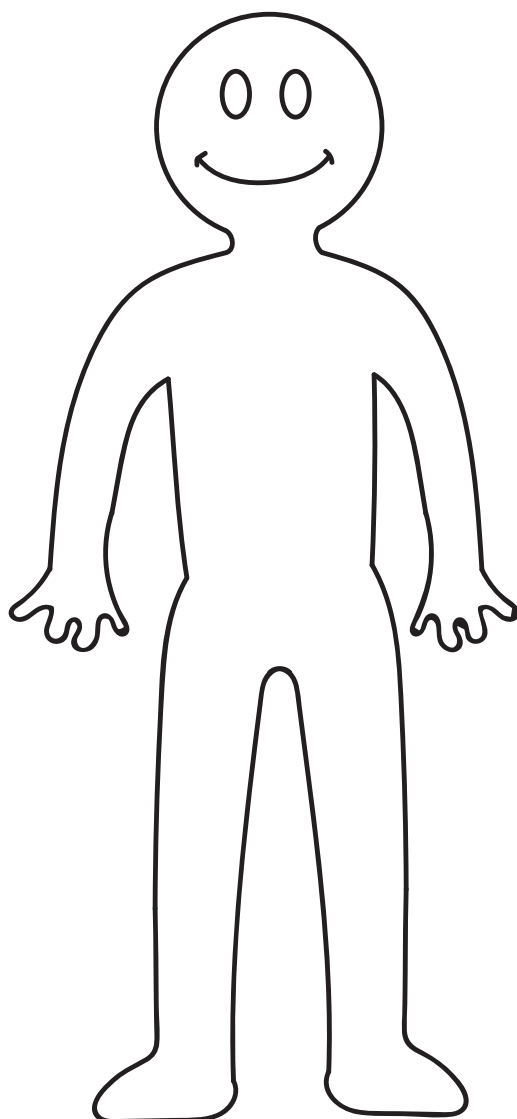
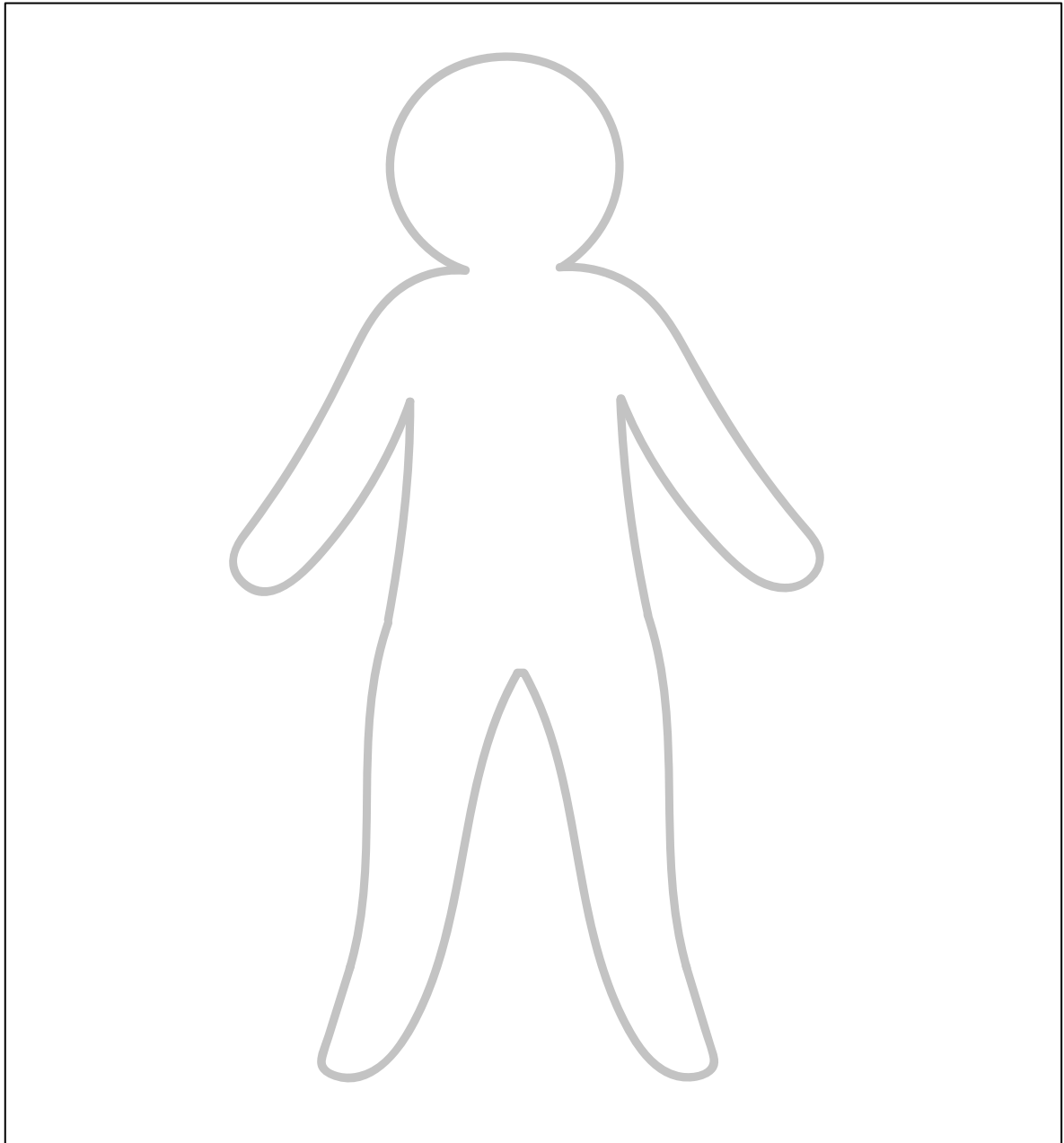
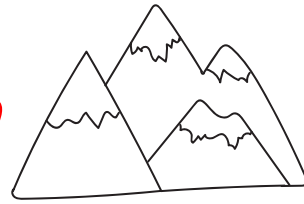


Mindfulness activities for children
BODY



Still mountain



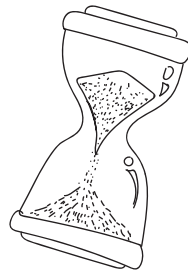
Describe or draw yourself in a still, tall, relaxed and strong standing posture.



Find a name for the posture e.g. "the mountain posture", "the policeman posture" "the owl posture"...

Describe or draw the sensations you noticed in your body while you are in your standing posture. You can use words like soft, hard, tingly, numb, hot, cold, spacious, tight...or shapes, colour patterns to describe the sensations.

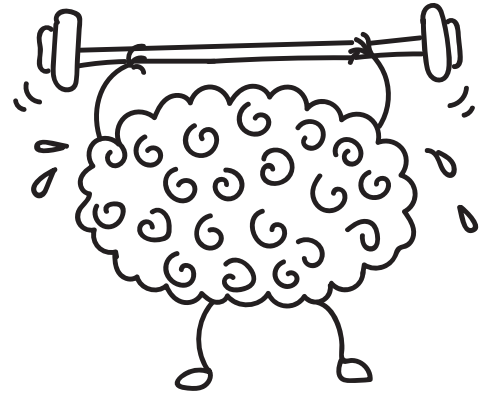
Challenge



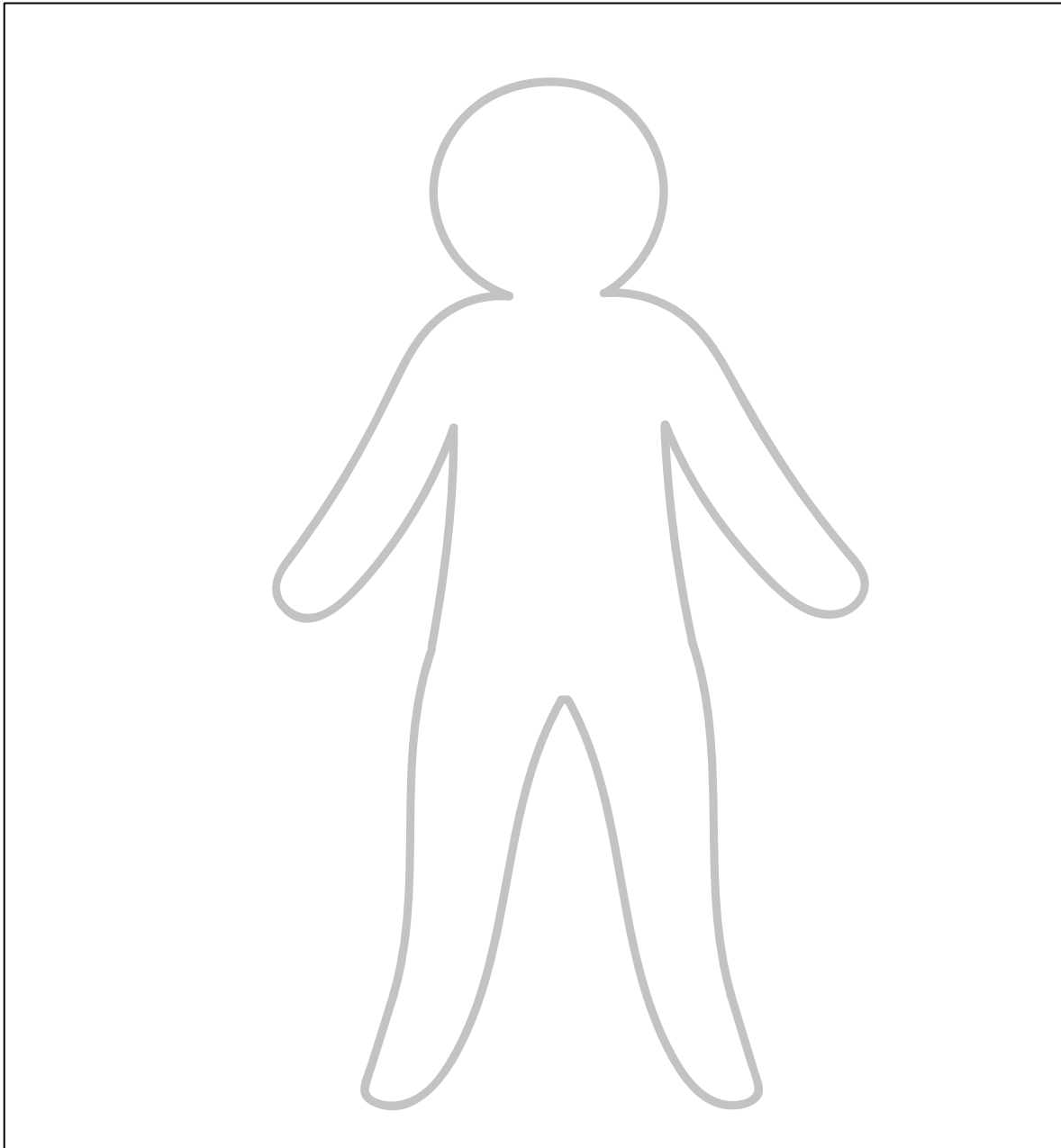
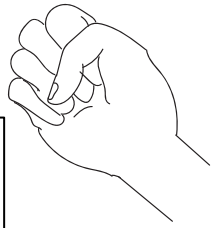
How long can you stay still, noticing your body, in your standing posture?

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | | | | | | |

Can you share it with somebody?



squeeze squeeze squeeze

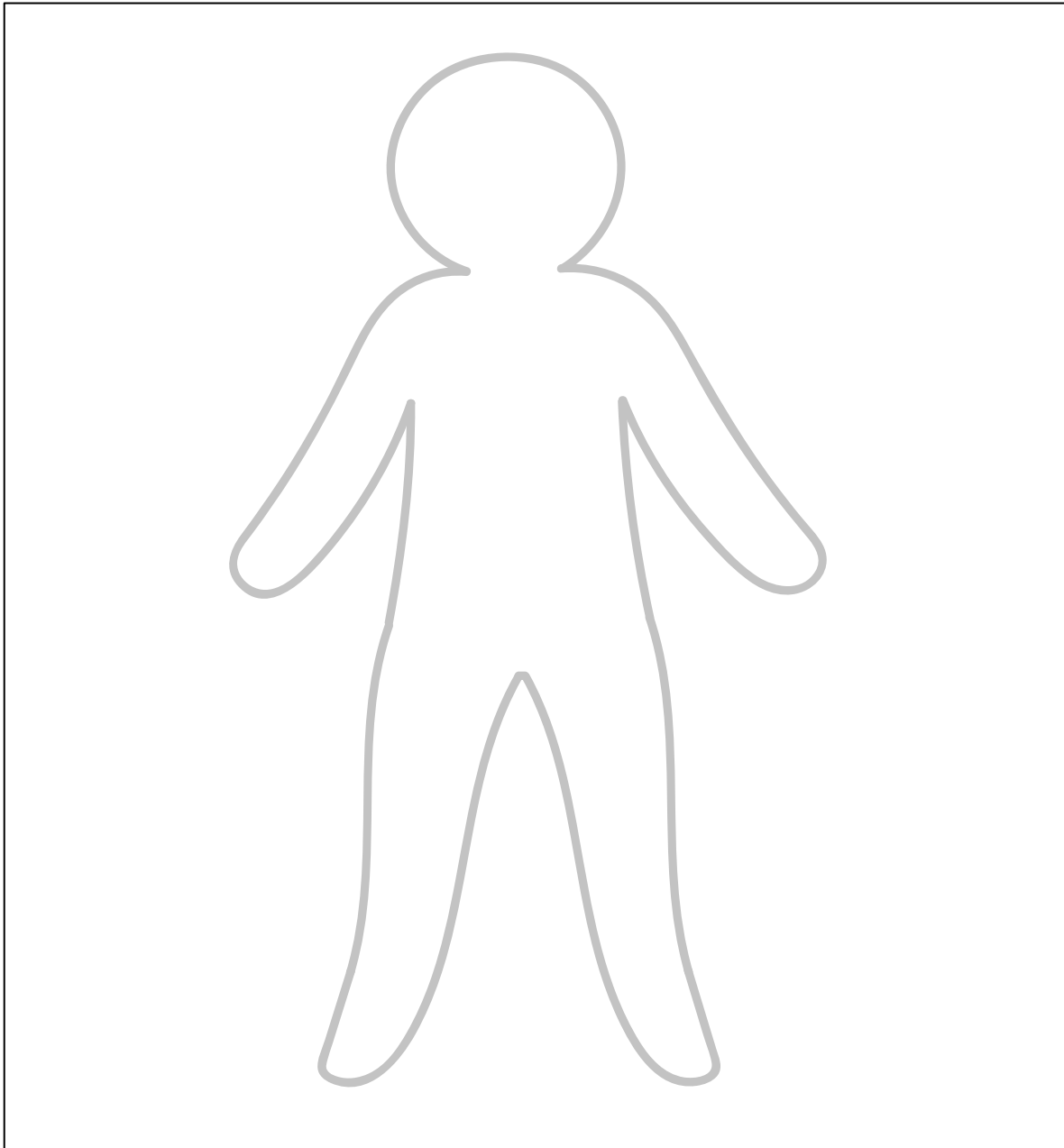
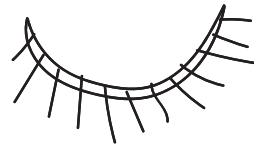


Design (write or draw) your own activity/game tensing, stretching and relaxing muscles in your all body or choosing parts of your body.

Describe the feeling in the body before the activity/game and after.

Can you share it with somebody?

Body scan



Draw or write the sensations in your body you notice during the body scan. You can use words like soft, hard, tingly, numb, hot, cold, spacious, tight...or shapes, colours, dots, patterns, squiggles to describe the sensations.



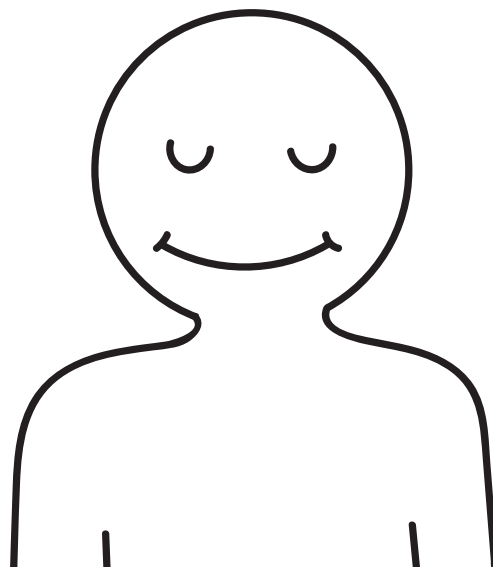
Can you create your own body scan choosing different parts of the body and share it with somebody?

Write or draw 3 things that you like about your body

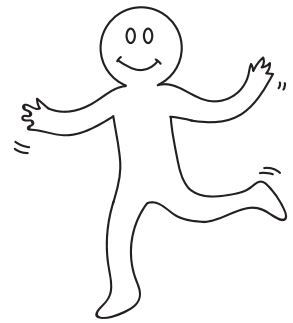
1.

3.

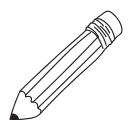
2.



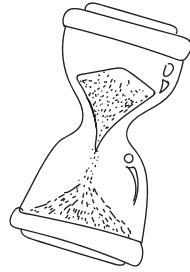
Mindful balancing



Design (write or draw) 3 different balancing postures.



Challenge

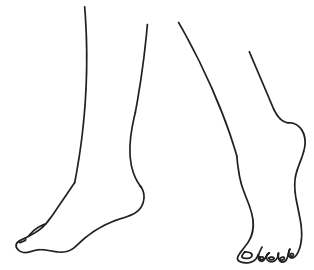


Can you try them? How long can you stay in the different balancing postures?

| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|----------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| <i>Balance 1</i> | | | | | | | |
| <i>Balance 2</i> | | | | | | | |
| <i>Balance 3</i> | | | | | | | |

Can you share them with somebody?

Mindful walking

A large, empty rectangular box with a thin black border, intended for a drawing or illustration related to the mindful walking activity.

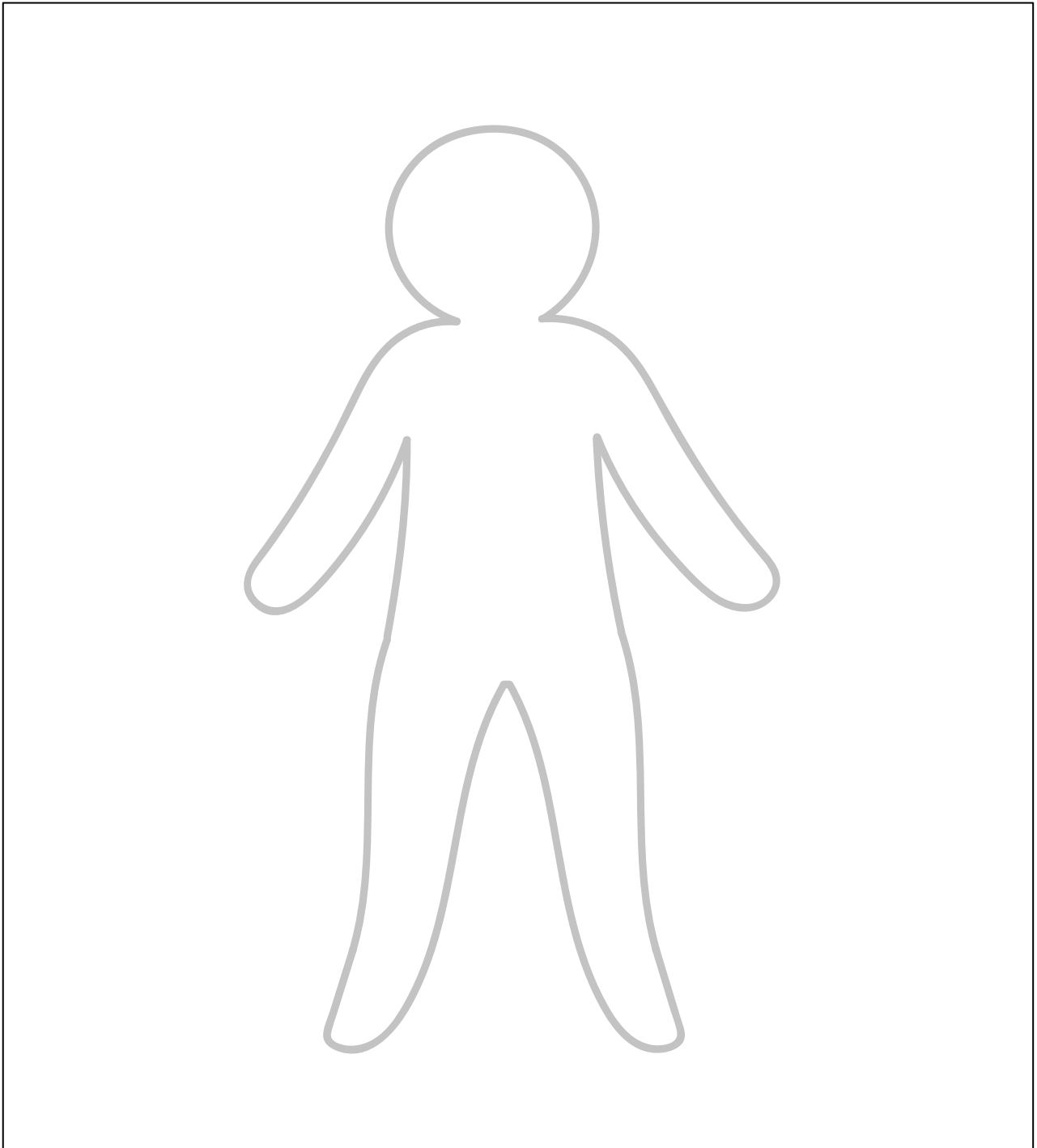
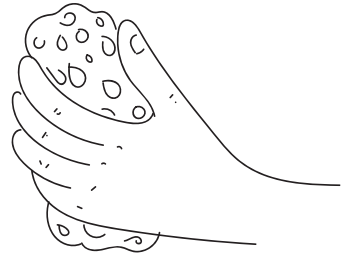
Draw a picture of yourself walking mindfully, noticing your steps, your feet, walking slowly, relaxed and alert.



What animal does it make you think of when you are walking mindfully?

Can you choose another physical activity and do it mindfully, noticing your feet, your body (like riding your bike, dancing, running...) Can you share with somebody what you notice?

Dry shower

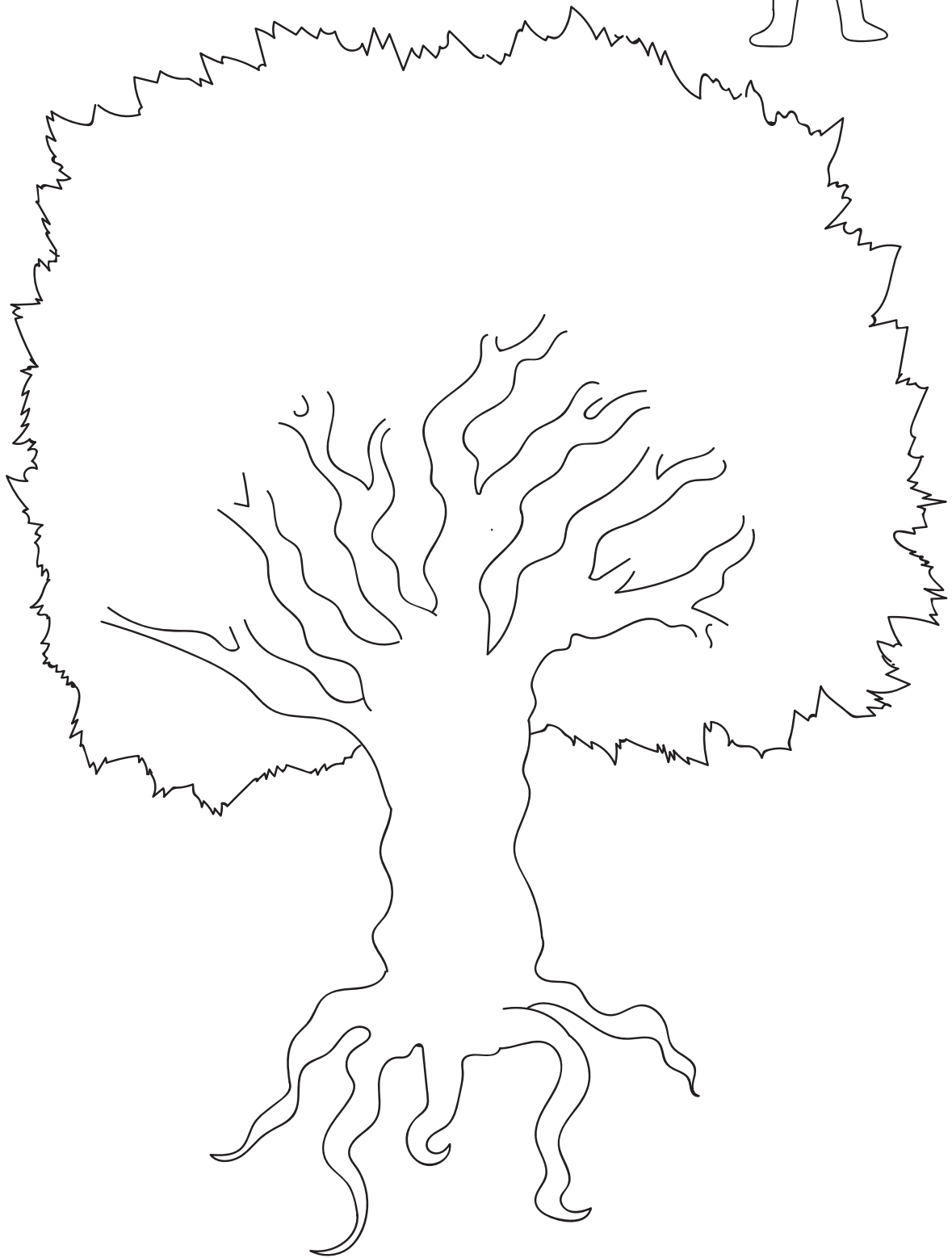
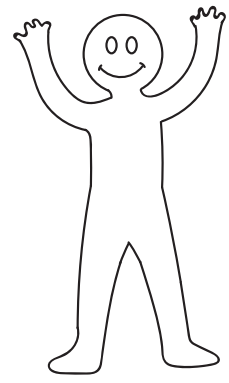


Create your own “dry wash” or massage with 5 different parts of the body. Draw or write it.



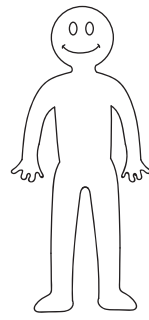
Can you show your own “dry wash” or massage to somebody and ask at the end what they notice?

Like a tree



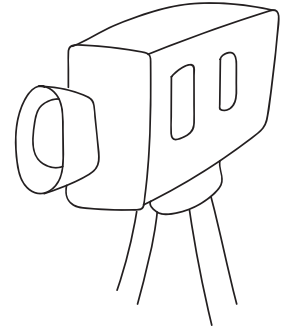
Draw or write what you let go from your roots and what you draw from your branches (love, strength, confidence, happiness...)

Challenges



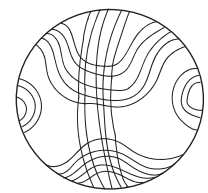
Can you design a story with movements (stretching sensing all the body)

Can you do a slow motion action video?

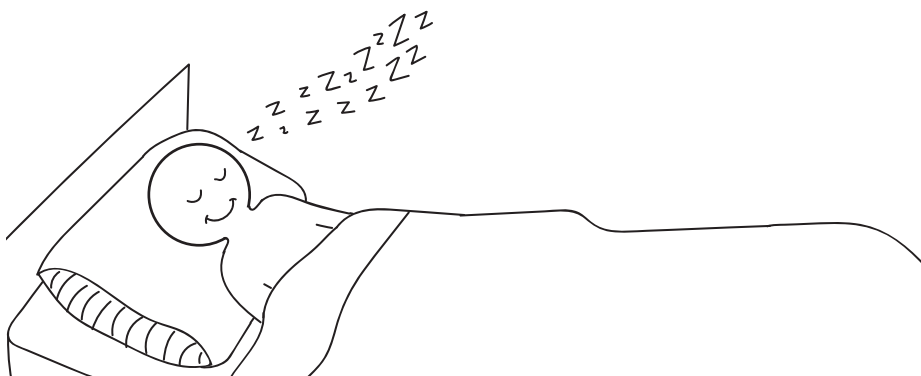


Can you design series of stretches you can do sitting down (neck, shoulders, sides of the body, wrists, hands, fingers, eyes, face...)?

Can you play your favourite sport mindfully? (sensing your feet, body, breath...)?



Can you do a body scan when you are lying in bed and see if it helps you sleep?



Other booklets available in this series:

- 1) Body*
- 2) Breath*
- 3) Senses*
- 4) Stepping Stones*
- 5) Connection*
- 6) Emotion*
- 7) Heartfulness*
- 8) Thoughts*