

Mindfulness Activities

Yawn and Stretch for 10 seconds every hour: Do a fake yawn if you have to. That will trigger real ones. Say “ahh” as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present. Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say “ease” or just say hello to that place (being mindful- noticing without judgement). Take another 20 seconds to notice and then get back to what you were doing.

Three hugs, three big breaths exercise: Hug someone tight and take three big breaths together. Even if they don't breathe with you, your breathing will ground them.

Trace your hands: Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully traced your left hand, swap and let your left hand trace the fingers of your right hand.

Weather Report: Have your child give you the weather report on their emotions. For example, “I am dark and cloudy with some raindrop tears coming out.”

Five Senses exercise with food: Grab a piece of food (apple, orange, raisin, etc.). Start by holding the piece of food in your hand. Roll it in your hand. What does it feel like? Hold the piece of food close to your nose. What does it smell like? Look at the piece of food. How does it feel? Is it smooth or bumpy? Taste the piece of food. Notice the feel, flavor and texture in your mouth. Take your time as you chew, taste, smell and feel your food.

From <https://psychcentral.com>, parentswithconfidence.com,

Grounding 5-4-3-2-1 Grounding is a mindfulness process that we can use to help ourselves calm down and be aware of what is around us. This is a great grounding technique and can be beneficial for anxiety:

5. List five things you can see right now.
4. List four things you can feel on your skin right now.
3. List three things you can hear right now.
2. List two things you can smell right now.
- 1 List one thing you can taste.

Take deep breaths throughout the process.