

5 Fun Mindfulness Activities for Children

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Rutland House
Counselling & Psychotherapy

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'Just One Breath' breathing activity

1

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment and release it.



Create a glitter jar

2

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food colouring, and glitter then shake.
- Seal the lid and you are ready to go.



Heartbeat exercise

3

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



Going on a safari

4

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Tense and release muscle relaxation

5

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

