

Helping children be mindful

Being mindful means paying attention to the present moment, exactly as it is.

Often we worry about the future or obsess over the past. It is really hard to be anxious if you are completely focused on the present moment – what you are sensing and doing right NOW.

Why do we want to be mindful? Living life more mindfully can help you to handle stress when it arises, and also experience life more fully, with more joy and gratitude.

Benefits of a regular mindfulness practice

Research demonstrates that practicing mindfulness regularly:

- Is good for your health
- Reduces stress and anxiety
- Increases compassion and kindness
- Improves focus and attention
- Strengthens resilience and emotion regulation
- Improves relationships and overall well-being
- Is great for both adults and children

Practice mindful breathing with your child

Sit comfortably with your back straight.

Focus your attention on your breathing.

Notice what it feels like to breathe in and out. Feel the rise and fall in your chest or belly or the cool air on the in breath and the warmer air on the out breath.

You can silently say to yourself “breathing in”, “breathing out”. Keep going for 5 more breaths.

If you get distracted, simply notice and gently bring your attention back to the feeling of breathing in and out.

Notice how you feel now?

Try these mindfulness practices with your child

Tune into your environment through your 5 senses.

- Pause, take a few slow breaths and ask: what are 5 things I can see? 4 things I can hear? 3 things I can feel? 2 things I can smell and 1 thing I can taste?

Share something you are thankful for or something you appreciate about another person.

After each practice, notice how your body and minds may feel calmer.

Make a mindful moment a regular part of your day!

MORE RESOURCES

[Mindfulness Exercises - Anxiety Canada](#)

[Meditation for Kids - Headspace](#)

[Mindfulschools.org](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

