

A Note from the School Social Worker



February, 2021

MS. Fitzpatrick

Fun Mindfulness Activities for Children:

Just One Breath Breathing Activity

- ★ Find a relaxing place. Sit comfortably, and set a timer for 1 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, then release it.

Create a Glitter Jar

- ★ Find a jar or plastic bottle and allow your child to decorate it.
- ★ Fill the bottle up $\frac{3}{4}$ of the way with water. Next, add clear glue, food coloring, and glitter. Put the lid on and shake.
- ★ Seal the lid and you are ready to go!

Heartbeat Exercise

- ★ 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.

Tense and Release Muscle Relaxation

- ★ Starting at your 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.

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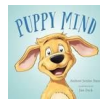
Mindfulness

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Mindfulness teaches students how to recognize and accept their present thoughts and emotions. It can also help them cope with negative stressors in their life and become more self-aware of their feelings.

Do not hesitate to reach out if you or your child requires additional support. Please contact me at 677-3649 or email me at bfitzpatrick@wscschools.org

Books on Mindfulness:



Puppy Mind by Andrew Jordan Nance



Silence by Lumniscales



My Magic Breath: Finding Calm Through Mindful Breathing by Alison Taylor & Nick Ortner



I am Peace: A Book of Mindfulness by Susan Verde



Listening to My Body by Gabi Garcia



Breathe like a Bear by Kira Willey