

Mind Over Matter



Help your child regulate their emotions with a daily mindfulness practice!

Our bodies give us clues about how we're feeling. As adults we have the experience and practice to recognize, name, and respond to those feelings, but children's ability to notice how they're feeling and express themselves accurately aren't skills they're born with. It's our job to teach them!

A daily mindfulness practice for kids gives them the time and space to pause and listen to their bodies. From there, they can begin to identify feelings, and work through expressing emotions in safe and productive ways.

Use the worksheets below to direct your practice.



Mood Meter

Use this page to illustrate the emotions your child experiences most. In the blank spaces, have them draw a picture or representation of themselves that symbolizes specific emotions. When spending time in their calm space, this tool can be useful in helping them identify their feelings.



Mindful Moments

Help your child use these strategies to notice their feelings and how their body responds to those emotions. When spending time in their calm space, your child can use some of these strategies to focus their thoughts, relax their bodies, or redirect their behaviors.

Begin Your Practice

Step 1:

Invite your child to visit their calm space with you. Sit quietly together and ask your child to pay attention to how their body feels as you begin to breathe deeply, perhaps counting 4-second inhaleds and 4-second exhaleds. Use the Mood Meter to start identifying and naming emotions they're feeling right now!

Step 2:

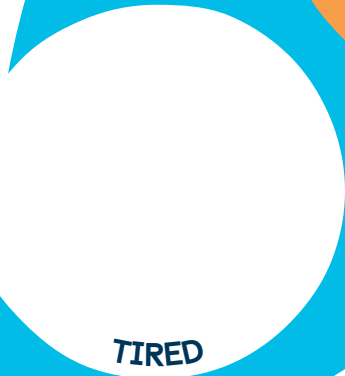
As your child tunes into their feelings, have them share examples of how their body gives them clues about how they're feeling. For example: "my eyes feel droopy when I'm tired" or "my tummy feels wobbly when I'm worried" or "my body feels wiggly when I'm excited."

Step 3:

Now that your child has an idea about what their feelings are, help them regulate those emotions by slowing down their body and their mind. Use the strategies on the Mindful Moments worksheet to get you started! They can begin to move from a heightened emotional state to a calmer state by practicing moving like a snail (or a sloth!), squeezing and releasing their muscles, or using their senses to get focused.

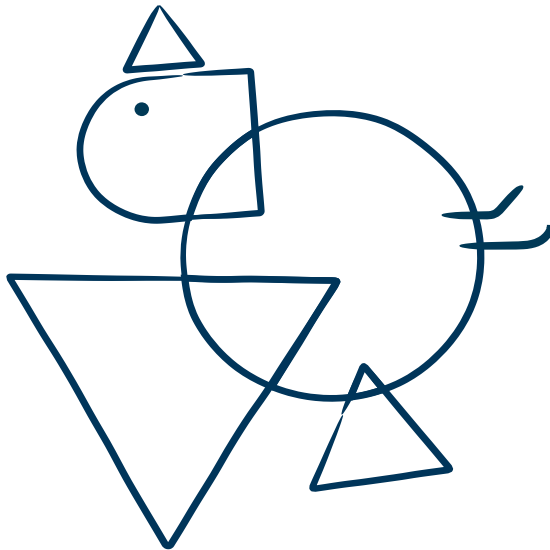
Teaching children how to identify and manage their emotions can help them become mindful and well-adjusted adults. The social-emotional skills you help them learn at home can set them up for success now, and for life!

EMOTIONS



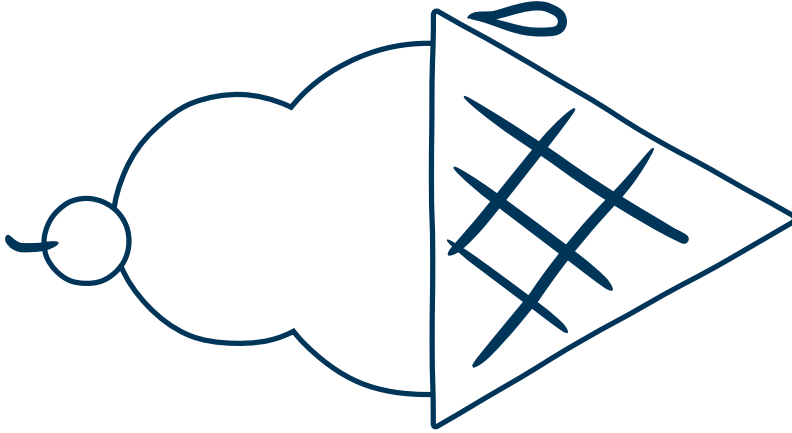
MINDFUL MOMENTS

Sit 'n Listen



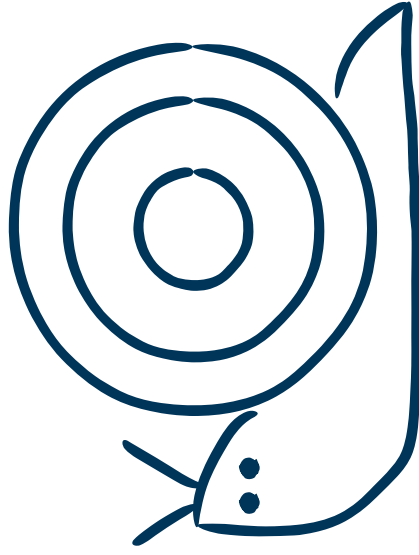
Sit in a comfortable position and close your eyes. Pay attention to the sounds that are around you. Notice what you hear. Voices chatting? Machines whirring? Birds chirping? Zooming your attention to the sound of your breathing, just listen for a while.

Melt Away



First tighten all your muscles, from your neck to your feet. Next, relax your feet, then your legs, stomach, arms, and neck. Now slowly melt down to the floor, starting with your legs.

Slow Snail



For the next minute, pretend you are a snail, slowing down every movement you make. How would you walk? How would you move your head? What about your fingers, toes, and legs? Pay attention to how each body part is moving.