



## MINDFUL AWARENESS AND BREATHING

### 15 Mins Child Focus Time:

Take your child's lead, give them your undivided attention. Let them take the lead! Be present.

### Daily Mindful Routines:

Build in mindful activities to daily routines, walk mindfully to school or to the park. Encourage your child to be aware of their footsteps to notice their surroundings, e.g. spot different colors, different shapes. Introduce new adjectives to describe the world around them.

### Mindful Clouds:

Look at the clouds, ask them what they can see, e.g. light wispy clouds, dark puffy clouds. Maybe the clouds have different shapes that look like animals or cars, etc. Notice how they move. They come and go just like our thoughts.

### Balloon Breathing:

Try some balloon breathing. Ask your child to imagine a deflated balloon in their tummy. On the inhale, imagine the balloon blowing up and on the exhale, imagine it deflating. Repeat for several breaths. A great practice for bedtime.

### Brain Break:

Practise mindful breathing using the Brain Break script.

### Moshi Twilight Sleep Stories:

Create a calm atmosphere at bedtime with this audio-only app that helps children fall asleep independently using enchanting storytelling, magical music and soothing sounds.