

Here are six simple mindful practices you can introduce to your child (and yourself!)

Thanks to Krupa Patel

1. **Bell Listening Exercise:** Ring a bell, either a physical bell or one from an [App](#) or [online](#), and ask your kid to close their eyes and listen to the vibration of the bell. Tell them to raise their hand once the ringing stops and pay attention to any other sounds they hear for about another minute. This is a simple but powerful exercise that shifts one's attention to the present moment and the surroundings.
2. **Bedtime Mindfulness:** Ask your child to lie in their bed, close their eyes, and bring their attention to various parts of their body. Start at the toes and slowly move up to the head. . This is a calming method to return to one's body at the end of the day and develop a sense of gratitude for their body.
3. **Mindful Walks:** Stroll through your neighbourhood in silence for a few minutes and have your child pay attention to all the sounds they hear. Then have them report back what they heard. You can also guide them to other sensations such as the breeze through their hair or the crunching of the leaves as they walk. If your child is particularly active, you may ask them to run or skip and notice their increased heartbeat or breath.
4. **Mindful breathing and meditation:** Ask your child to close their eyes and sit comfortably. Direct their attention to the sensation of breathing in and out. Ask them to put their hands on their stomach and feel the rise and fall of each breath. You can do this for about five cycles then guide them to any present feelings or thoughts. Tell them to observe those thoughts and feelings and let them go like a balloon. You can repeat this as many times as needed or possible. You may also invite your child to blow onto a feather, even blowing it across the room.
5. **Soles of the Feet:** This technique was developed by researchers to manage angst, anger and aggression. When faced with emotionally arousing situations, you can teach your child to redirect their attention and awareness to a neutral part of the body such as the soles of their feet. This technique helps calm and clear one's mind during stressful and arousing situations.
6. **Glitter Jar:** Fill a clear jar with water, some glitter, and glycerin or baby oil. A snow globe would be equally great for this activity. Particularly when your child is having a stressful day, ask them to shake up the jar and watch as the glitter settles after swirling chaos. This technique allows for a powerful metaphor that relates the internal state of the mind to a visual object. Here is a [script](#) that can be followed and adapted.