Mindfulness for children: Why and how?

Why?

It eases the effect of bullying

Enhances focus in children with ADHD

Reduces attention problems

Improves mental health and well-being

Improves social skills

How?

Mindful breathing. Focus your breath, imagine a sail boat that rises and falls with each breath (you may put a toy on your belly and see it going up and down), envision your breath as a colour, and pretend you are a fish breathing air for the first time!

Body Scan. Lie back, close your eyes and squeeze every muscle as tight as you can for as long as you can. Relax all your muscles, and think about how your body feels. From head to toe.

Heartbeat exercise. Jump up and down or do jumping jacks for one minute. Sit down and put a hand over your heart. Close your eyes and pay attention to your heartbeat and your breath. How did it feel?

Mindful posing. Try the superman or the wonder woman poses and pay attention to how it feels, both physically (from your toes up to your head) and emotionally Do you feel important? Special? Or Powerful?

Senses spy. Use all your senses – smell, sight, hearing, taste and touch to notice what is going on around you.

Safari. Go on an exciting adventure on your next walk, put all your senses to work and notice all the birds, bugs and creepy-crawlies or even different plants, different colour houses and doors, or anything and everything you can notice.