

# Mindfulness

## *What is it?*

Mindfulness is when someone is completely present in the moment they are currently experiencing, with their thoughts, emotions, words, and actions. Slowing down to really notice what we are doing. Giving ourselves a chance to respond instead of react.

## *What does it look like?*

A child that practices mindfulness may:

- ❖ Be better able to identify the feelings they or others are experiencing and respond to them appropriately
- ❖ Have increased ability to focus and tune out distractions
- ❖ Be able to self-regulate their emotions and responses in many different situations
- ❖ Develop a positive outlook

## *How can you help your child?*

- ❖ Have your child practice “brain breaks” in which they take a deep breath and calm themselves for one to two minutes to quiet their minds, be present and just focus.
- ❖ Do a “listening walk” with your child and ask them what sounds they hear, what the sounds remind them of, and how they help them remember or appreciate a happy experience
- ❖ Practice as a family and encourage routine use of mindfulness

