

A 3-Tiered Mindfulness Activity Sheet for Parents & Kids

Mindfulness for Kids: A Simple Start

✓ **Mindfulness IS:**

- Paying attention to what's happening right now.
- Noticing thoughts, feelings, and surroundings without judgment.
- A skill that helps kids manage big emotions.

✗ **Mindfulness ISN'T:**

- Making your thoughts disappear.
- Always feeling calm or happy.
- Something you have to do perfectly.

Why Mindfulness Helps Kids:

- Helps kids manage stress and frustration.
- Improves focus and attention.
- Encourages flexible thinking.
- Supports emotional regulation.

💡 **Quick Start Tip: (Get engaged right away!)**

- Try this: Take a deep breath in... now out. Notice how it feels. That's mindfulness in its simplest form!"
- Try this: Ask your child to look at Finn in the image below. Simply ask your child, "How do you think Finn feels? How do you know?"
- Follow your child's lead in their response. Do not correct them.



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Story Based Introduction for Kids

Finn & the Floating Leaves

Finn the Fox was feeling frustrated. He had lost the game. His thoughts were racing like leaves in the wind. "I lost again!!!" he huffed, stomping his paw. The harder he tried to push the thoughts away, the more tangled they seemed to get in his mind.

Then, he remembered something Delaney had taught him—thoughts are like leaves floating on a stream. Instead of trying to chase them away, he could simply watch them pass by. So, Finn took a deep breath, inhaling slowly... and exhaling even slower. As he looked at the stream nearby, he imagined his worried thoughts resting on the leaves, drifting along with the gentle current.

The tight feeling in his chest softened. He wasn't stuck. He wasn't trapped in his thoughts. He could let them move along. As he watched the last leaf float away, he smiled to himself. "I can try again."

What did Delaney teach Finn about thoughts?

- A. You have to make them go away.
- B. They are like leaves floating on a stream.
- C. They always tell the truth.
- D. You should never have tricky thoughts.

Reflection Questions:

- Have you ever had a thought that just wouldn't go away?
- Imagine placing it on a leaf and letting it float down a stream.
- What does your leaf look like as it floats away from you?"

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Mindfulness Activity + Hands-On Interactive Exercise

Activity 1: "5-4-3-2-1 Senses Game" (Grounding Exercise)

- Find 5 things you can see 🏠🌳
- Find 4 things you can touch 🖐️🧸
- Find 3 things you can hear 🎵🐦
- Find 2 things you can smell 🍌🌸
- Find 1 thing you can taste 🍏🍷

Benefits: 💡 This game helps you stay present by using your senses to notice the world around you!

Tips: Encourage your child to explore the environment and add descriptions (e.g., They walk to a couch, rub it a few times, and say, "The couch feels soft and smooth.") Don't forget - being silly is okay!

Activity 2: "Bubble Breathing" (Hands-On Playful Exercise)

 How to Play:

- 1 Grab a bottle of bubbles or pretend to blow one.
- 2 Take a slow, deep breath in through your nose.
- 3 Gently blow out through your mouth to create a big, slow-moving bubble.
- 4 Watch each bubble float away—just like thoughts!

◆ Why This Works:

- Helps kids slow their breathing (calms the nervous system).
- Encourages non-attachment to thoughts (just like bubbles pop and float away).

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