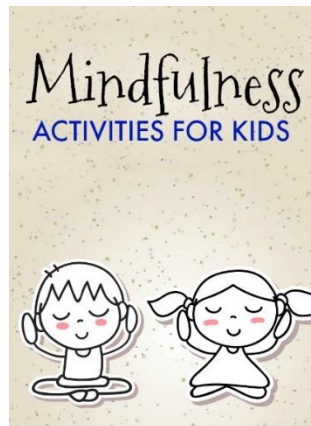


# Mindfulness Games for Kids



1. Blowing bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.
2. Windmills (the type you find at the seaside) Use the same tactics from blowing bubbles to encourage mindful attention on the windmill.
3. Playing with balloons. Tell your kids that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently. You can tell them to pretend the balloon is very fragile if that helps.
4. Texture bag. Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, forcing them to use only their sense of touch to explore the object.
5. Blindfolded taste tests. Use a blindfold for each child and have them experience eating a small food, like a raisin or a cranberry, as if it was their first time eating it.