



Mindfulness

Mindfulness relates to the practice of “being present” and “listening to ourselves” in everyday life

This might mean different things to different people, but in essence can mean being aware of:

- Your thoughts
- Tension in your body
- Your feelings, both positive and negative
- The sensations of your body – what you feel inside your body
- The sensations around you – what you feel on your skin, what you hear or smell
- Your environment – what you see and what you hear

Mindfulness has been practised by people for centuries, however recent studies have shown that the regular practise of mindfulness can be related to improved resilience, self-regulation and focus

In today's busy society, mindfulness is becoming an essential skill for children to master.

Here are some ways to engage in Mindful practises:

Meditation



There are many guided meditations which you can download for your child

Newhorizonholisticcentre.co.uk has a range of meditations on YouTube to get you started

There are many books available for children – including:

- Puppy mind
- Sitting still like a frog
- Moody cow meditates
- Meditation is an open sky

Focusing on breath control

Belly Breathing – deep and controlled breathing

Children's yoga and conscious breathing

The postures and controlled movements of Yoga link with breath control

Observing and listening

Sit or lie still and just listen to what is happening in the world around you. Listen to the obvious sounds, but also listen for the small everyday sounds which you might otherwise miss.

Listen to a created sound, such as the sound of a bell or a meditation bowl. Listen until the sound dies away

Go for a walk and be observant of your environment. Look at things you might otherwise rush past
Feel the breeze and the pavement beneath your feet
Listen to the sounds of nature or the busy / quiet world

Thankful thoughts

Saying, thinking or writing down one or two things that you are thankful for each day. This can be a great way to engage children at family dinner time.

Finding quite time

Create a "calm jar": shake it up and just watch until the glitter settles
Spend time colouring in
Listen to a story (or a visualisation) as it is read aloud

**There are many other ways to practise mindfulness
Start gently and aim for a little time ...often**