

# Mindfulness

## Benefits of mindfulness

- Decrease anxiety or frustration
- Improve self awareness & control of emotions and attention
- Concentrate on the present moment

## Types of mindfulness practice

### Mindful walk

- Good for kids who like to move
- Walk slowly through your house or neighborhood
- Notice sounds, sights, and how your feet feel on the ground

### Mindful breathing

- Use animal themed breaths- bunny, bee, elephant
- Breathe in for a count of three, hold for three, breathe out for three

### Progressive muscle relaxation

- Start at the head and move down the body
- For each body part, tense your muscles and take one deep breath. Then relax the muscles and breathe out

### Mindful apps

- Go Noodle
- Stop Breathe and Think
- Calm
- Insight Timer
- [mindfulnesseveryday.org](http://mindfulnesseveryday.org) - resources for parents

### Yoga

- Good for kids who like to move
- Hold poses while focusing on your breath moving in and out of your body and the position of your body, where body makes contact with ground

### general tips

- Make it relevant to your child- if they like bunnies, do bunny breaths! If they like to move, take a mindful walk
- Add discussion before/after about how their body feels
- Start small- begin with 5 mindful breaths or a short mindful walk
- Incorporate it into your child's daily routine- good times are prior to an activity that usually provokes anxiety, to start the day, or before bed



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