

Mindfulness for kids



Children of all ages can benefit from mindfulness, which is the simple practice of bringing a gentle and accepting attitude toward the present moment. This practice can also help parents and caregivers by promoting happiness and relieving stress. The purpose of teaching mindfulness to children is to give them skills to develop their awareness of both their inner and outer experiences, to understand how emotions manifest in their bodies, and to recognize when their attention has drifted, while providing them with tools for self-control.



Mindfulness Can Help Children's Brains

- It teaches them to stay calm in the face of life's **stressful times**.
- It creates good habits for the future. When faced with **life's challenges**, they know they can find peace by taking a few moments to meditate.
- It promotes happiness by lowering **social anxiety** and stress.
- It promotes patience and self-esteem.
- It can improve executive functions in their brain like cognitive control, working memory, cognitive flexibility and better grades.
- It can improve attentiveness and impulse control.

The following are examples of activities



Deep Breathing and Meditation-Enhancing kids' physical flexibility, strength, coordination and body and improving concentration and sense of calmness and relaxation.

Happy Positive story time-Helping develop childrens' imagination and nurture listening abilities as well as social skills and brain development.

Kids yoga -Developing body awareness and feel part of a healthy non-competitive group. It enhances their flexibility, strength and concentration.

Empowerment game-Exercises that will keep children interested and entertained, while learning important life values such as will strengthening, self-love and care, gentleness, self-compassion, resilience and self-worth.

Happy tapping kids-Introducing emotional freedom techniques with a happy bouncy song. This helps kids to release negative emotions and feel calm and happy.

Dancing with “ I feel good “ song-This song includes many positive words. Kids will sing and dance freely with the song.



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I believe it is beneficial to assist young children in developing skills to cope with potential stressors as they grow older. Through my experience working with both young adults and adults facing emotional and psychological challenges, I have dedicated myself to supporting and educating the young generatio

