

MINDFULNESS TIPS FOR TODDLERS & PRESCHOOLERS

Mindfulness is the practice of focusing on the present moment with kindness, curiosity and acceptance. These cards offer simple tips for practicing mindfulness with your child. Use them every day to help manage big emotions and promote a sense of calm connection.

If you have questions or concerns about your child's growth or want to talk with someone about parenting, please call **2-1-1** and ask for **Help Me Grow**. For more tips and activities, visit onlib.org/makingsmallmomentsbig.



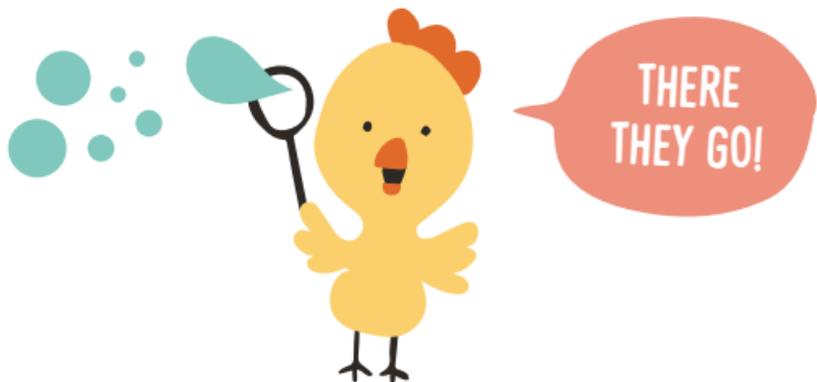
ONE MINDFUL BITE



Ask your child to choose one small piece of food and prompt her to explore how it looks, smells and feels in her hand. Then ask her to take a small bite and chew very slowly, noticing how the food feels in her mouth and how it tastes.



BUBBLE BLOWING



Head outside and blow bubbles with your child, taking deep, slow breaths and exhaling steadily to fill the bubbles. Encourage your child to pay close attention to the bubbles as they form, detach and pop or float away.



THREE-BREATH HUG



Hug your child close and take three slow, deep breaths together. Release your child and instruct her to drop her shoulders, relax her muscles and calm her thoughts.



MINDFULNESS WALK



While walking around the neighborhood or park, ask your child to focus on his senses. Go back and forth sharing what you see, smell, hear and feel.



BUDDY BREATHING



TEDDY'S
MOVING
WITH ME!

Have your child lay down and place a favorite teddy bear or toy on her belly. Ask her to watch teddy rise and fall as she breathes, in through the nose and out through the mouth. See if she can "slow teddy down" by breathing slower.



ONE NEW THING



Teach your child to pay closer attention to the environment around him by noticing one new thing each day. When walking around your neighborhood or house, prompt your child with questions. "What color are those curtains?" "What sound does that clock make?"



SELF REFLECTION



I'M SCARED
& SHAKING.

Encourage your child to notice her thoughts, emotions and body sensations. When she's angry or upset, ask "How does your body feel right now? What are you thinking?" As she gains more insight into her inner experience, she'll be better able to choose appropriate responses.



SENSORY CHECK-IN



Whenever you find yourself with a spare moment - in the grocery checkout line, at a doctor's appointment, walking to your car - pause, tune into your five senses, and share what you notice with one another.



BODY SCAN



MY TOES
ARE WARM
AND COZY IN
MY SOCKS.

Have your child lay down and close his eyes. Ask him to focus on his toes, feet, legs, ect., moving up the body to his eyes. This is a calming way for your child to "return" to his body and be mindful of bodily sensations.



EXPLORE GRATITUDE



Sit in a quiet spot with your child and name something you're grateful for and why. Ask your child to do the same and go back and forth for as long as you can.



TAKE A DEEP BREATH



MY BREATH
FEELS WARM!

Find a relaxing place and sit comfortably with your child. Breathe deeply together and ask your child to notice how the breath feels as it moves in and out of his body. This type of deep breathing exercise can slow your child's heart rate in a tense moment and help him respond to stress in a healthier way.

