

# Mindfulness Practices To Help Our Children Be More Focused, Calm, And Relaxed

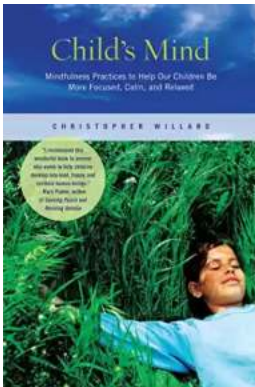


As parents, we all want our children to be focused, calm, and relaxed, especially in today's fast-paced and demanding world. Mindfulness, a practice rooted in ancient traditions such as meditation and mindfulness-based stress reduction, has gained significant attention in recent years for its ability to foster these qualities in both children and adults.

## **The Importance of Mindfulness for Children**

Children often face overwhelming amounts of schoolwork, extracurricular activities, and digital distractions, which can lead to stress, anxiety, and difficulty

focusing. Incorporating mindfulness practices into their daily routines can help them develop essential skills to navigate these challenges with ease.



## Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed

by Christopher Willard (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English  
File size : 459 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 154 pages



### 1. Breathing Techniques

One of the simplest yet most effective mindfulness practices for children is teaching them various breathing techniques. Encourage your child to take slow, deep breaths while counting to four, then exhale slowly. This technique helps them regulate their emotions and calm their minds in stressful situations.



Use the alt attribute for the image: Child practicing deep breathing

## **2. Mindful Walks in Nature**

Spending time in nature can be incredibly beneficial for children. Take them for regular walks in natural settings and encourage them to engage their senses fully. Encourage them to notice the sounds of birds chirping, the smell of flowers, and the feeling of the wind on their skin. This practice helps children become more present, appreciative of their surroundings, and less focused on their daily stressors.



Use the alt attribute for the image: Child enjoying a walk in nature

### **3. Guided Imagery**

Guided imagery is an excellent mindfulness practice for children, as it taps into their vivid imaginations. Find recordings or create your own guided imagery sessions where your child can imagine peaceful scenes, such as lying on a warm beach or exploring a magical forest. This practice helps them relax, release tension, and cultivate an inner sense of calm.





It is difficult to learn something new when we are anxious, tired, distracted or upset. Be sure to teach and practice coping new skills when everyone is calm.





#### How to practice guided imagery


- Find a comfortable place to sit or lie down and, if you feel comfortable, close your eyes.
- Take a few deep breaths in through your nose and out through your mouth.
- Imagine yourself in a place where you feel safe, happy and comfortable. This might be a favorite place you go, somewhere you have been before or somewhere you've completely made up. It's up to you.
- Once you have picked out a place, imagine yourself there.
- Think about every detail that makes this place special for you.

 What do you see?

 What do you hear?

 What do you smell?

 What do you taste?

 What can you touch?

- Notice how your body feels, and take a few moments to enjoy your time in this place.
- When it is time to leave, know that you can return here any time, wherever you are, whenever you need to feel calm.
- Over the next few seconds, take a deep breath in through your nose and out through your mouth. Slowly open your eyes, and notice how your body feels. Are your muscles relaxed? Is your mind calm?

 Did you know? Most many athletes and performers use coping strategies like these before big games and performances to help them relax and focus!

#### Tips for using guided imagery

Trying something new can be uncomfortable and it may not always "work" the first time. And what works for you may not work for another. Explore different approaches and ideas until you find what works.

Here are some ways to help introduce guided imagery:



Help your child think of times when this strategy might be most helpful, such as when they feel anxious, angry, before a big event or before bedtime.



If your child is struggling to think of a safe place, ask them questions like:  
- When was the last time you felt really happy?  
- What was happening during that time?  
- Where were you?



If your child is struggling to imagine a place, encourage them to draw or paint an image of it on paper. They can focus on their painting or drawing to help them identify details of their special place.



Coping strategies, like grounding, are also helpful for adults. Practicing them is a great way to take care of yourself, be more present and model healthy ways to manage stress.

Use the alt attribute for the image: Child practicing guided imagery

## 4. Mindful Eating

Teach your child to eat mindfully by slowing down, savoring each bite, and paying attention to the flavors and textures of their food. Encourage them to use their senses and discuss the experience of eating. This practice not only helps children

develop a healthier relationship with food but also fosters a deeper appreciation for the present moment.



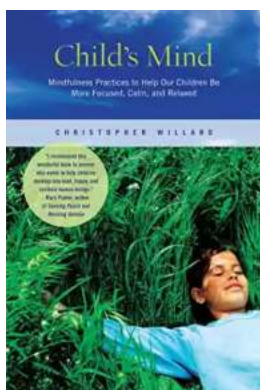
Use the alt attribute for the image: Child enjoying mindful eating

## **5. Bedtime Mindfulness Routine**

Establishing a calming bedtime routine that incorporates mindfulness practices can greatly benefit your child's quality of sleep. Encourage them to engage in activities such as reading, listening to soothing music, or practicing relaxation exercises before bed. This routine helps them unwind, quiet their minds, and prepares them for a restful night's sleep.

Introducing mindfulness practices to our children is a gift that will benefit them throughout their lives. By teaching them techniques to be more focused, calm,

and relaxed, we empower them to handle challenges and stress with grace. Remember, consistency is crucial, so encourage regular practice and lead by example. Together, we can help our children cultivate a sense of inner peace and resilience in an increasingly busy world.



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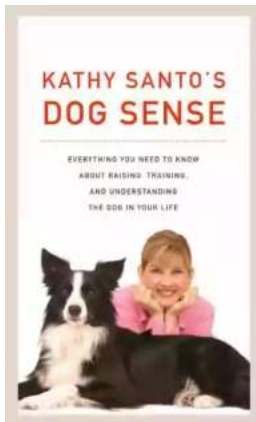


Full of simple mindfulness and meditation exercises for kids, this guide is “a wonderful reminder that every young person is capable of great understanding, compassion, and joy” (Thich Nhat Hanh)

The interest in teaching children meditation is growing rapidly, as a number of recent stories in the mainstream media have documented, including NPR, The New York Times, and London Telegraph. Child's Mind aims to teach parents and child professionals how to integrate mindfulness into their work with children, and teach children and adolescents basics of mindfulness and meditation. Willard's intention is to help parents pass on to their children the practices of mindfulness that they have found valuable for themselves. The book can also be a resource for those who work with children, whether it is family and children coordinators at

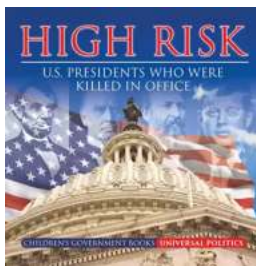
retreat centers, religious instructors from a range of traditions, or teachers, therapists, and even medical professionals.

Child's Mind aims to teach children the power that comes with the comfort of just being, and the capacity to be, be aware, and be comfortable with yourself.



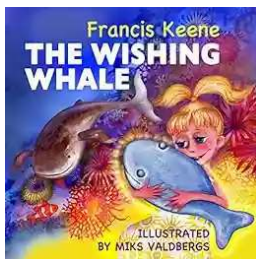
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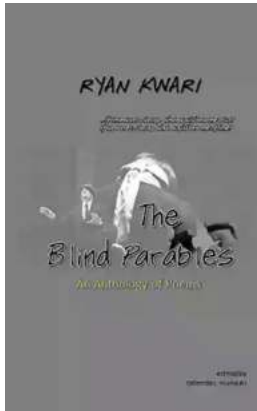
Throughout history, the role of a president has been filled with power, ambition, and danger. While they carry the weight of the nation on their shoulders, presidents also...



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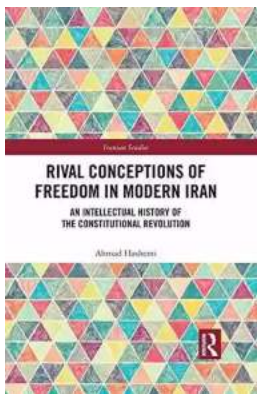
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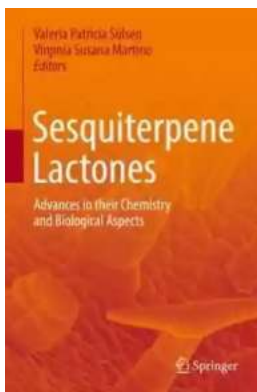
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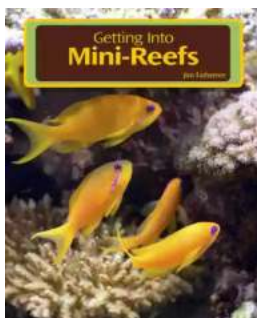
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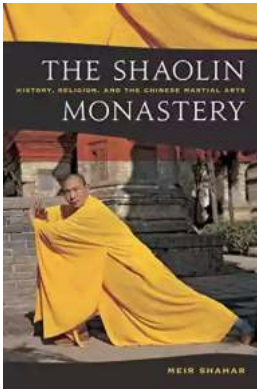
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