

WELL-BEING SNAPSHOTS K-7

B E I N G M I N D F U L

Think of being mindful as being in the moment, aware of what you're experiencing, and not judgemental of it. Mindfulness is a practice that helps you become more aware of things like thoughts, emotions, and sensations in the body. We are designed to have these complex and nuanced experiences but often are not fully in touch with them. As a result, we might miss important signals about how we are experiencing the world and our relationships with others.

Mindfulness requires us to slow down, to pause, and to give ourselves permission to notice what is happening inside of us and around us. It helps us have a deeper understanding about what is true for us and helps us process and release conflicting emotions or thoughts. When we are mindful, we are much more aware of our present situation, of others around us, and our position in time and space. It gives us opportunities for having compassion, grace, and understanding for the thoughts and feelings we are having, and helps us detect what needs changing, improving, or repairing.

There are simple ways to foster being more present, more available, and more attuned in our day-to-day lives. Practice paying attention to your breath, to the tension in your body, and to the pace of your thoughts. Use your senses to notice what is happening in the present moment. Attune to others, looking for ways to connect intentionally. Practicing mindfulness as a family is a great way to engage with one another, to lower stress, and to be more "in the moment" together. ●

Mindfulness

Notice the
taste of what
you're eating

Take 5
slow, deep
breaths

Tense up your
muscles, then
relax

Suck on an
ice cube or
drink cold
water

Think about
someone you
love

Imagine you
are being
hugged

Notice a
sensation in
your body

Name
something
you are
grateful for

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RESOURCE LINKS:

[Mindfulness Activities,
Videos and Printables for Kids](#)

[Headspace Meditations for Kids](#)