



Topic: **Developing MINDFULNESS in CHILDREN and TEENS**

Mindfulness is a practice where you use the **five senses** to engage physically and non-judgmentally with the world around you. When you do a task with **mindful awareness**, you do it with 100% of your energy and attention. Practicing mindfulness is incredibly **empowering** for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.

Parent Information	<u>Mindful Parents, Resilient Children: Parenting in a Rapidly Changing World.</u>	<u>Article: Teens Thrive When Parents Practice Mindfulness</u>	
Information for children/teens	Elementary Age	Middle School	High School
Video material	<u>Mindfulness Class for Kids online- mindful activities, movement, read-alouds</u>	Mindfulness videos for Middle School https://youtu.be/SN-4lz2oyNc https://youtu.be/YJThiDf7xNI https://youtu.be/GVWRvVH5gBQ	Mindfulness videos for High School https://youtu.be/znlsoaM_ALQ https://youtu.be/uezOV_D8bSk https://youtu.be/67JDaNcX3gE
Hands on activity	<u>25 Fun Mindfulness Activities for Children and Teens</u>	<u>25 Fun Mindfulness Activities for Children and Teens</u>	<u>25 Fun Mindfulness Activities for Children and Teens</u>

Click on the link within the chart and it will open for you to see! 7/12/21