

# Children's Worship Bulletins™

## Christian Mindfulness Ideas for Kids

A study by the [American Psychological Association](#) shows that people of all ages are suffering from the impacts of increased stress. Effects of ongoing stress include behavioral changes, sleep disturbances, and higher risks of physical and mental health issues.

That's why teaching kids (big and small) life skills to cope with emotions is so important. Research shows that people can take physical steps to help manage anxiety and fear.

Although some people consider mindfulness to be a New Age practice, several Bible verses encourage meditating on God's Word. Mindfulness, or increasing the momentary awareness of one's presence, is different from meditation. It's a way to "be still" so you can fully engage with God through prayer and Scripture.

The following pages contain four cards with the most common practices for grounding and self-regulation (i.e., the bringing of oneself into a state of order). To go a step further, we've connected each practice to God and the Bible. The result? Encouraging Christian mindfulness ideas you can use with your kids at home or church.

Print pages 2 and 3 on card stock, select two-sided printing, and cut along the gray dashed lines. Then use the cards to guide you and your little ones through the activities. You also can make copies for the children in your church to take home.



**BOX BREATHING**



**ORIENT YOURSELF  
IN SPACE & TIME**



**REPETITIVE AFFIRMATION**



**THROW STRESS AWAY**

## ORIENT YOURSELF IN SPACE & TIME

Find a quiet place. Take a slow deep, quiet breath or two. Then ask the child:

**Step 1:** What are 5 things you see around you?

**Step 2:** What are 4 things you feel?

**Step 3:** What are 3 things you hear?

**Step 4:** What are 2 things you smell?

**Step 5:** What is 1 thing you taste?

*Bringing it to God: Ask if any of their answers reminded them of Bible verses or Bible stories.*

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## BOX BREATHING

To begin box breathing, stand or sit up tall. Instruct the child to follow these steps:

**Step 1:** Inhale (take a big breath in) slowly and deeply through your nose while you count to 4.

**Step 2:** Hold your breath while you count to 4.

**Step 3:** Exhale (let out your breath) slowly through your mouth while you count to 4.

**Step 4:** Repeat as many times as needed.

*Bringing it to God: Once you are calm, say a prayer or read a Scripture.*

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## THROW STRESS AWAY

**Step 1:** Stand with your arms above your head and fists clenched.

**Step 2:** Exhale forcefully as you throw your hands down toward the ground (but not touching it) and open your fingers. Imagine you're throwing the stress out of your body and into the ground.

**Step 3:** Repeat as many times as needed.

*Bringing it to God: Remind them that we will all feel stressed and anxious from time to time. Review the verse 1 Peter 5:7 NIV that says: "Cast all your anxiety on [God] because he cares for you."*

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## REPETITIVE AFFIRMATION

Repeat an affirmation verbally until you're feeling calm and confident to move forward.

**Example affirmations you can use:**

- I am uncomfortable, but I am safe.
- I am calm. I am happy. Today will be a fun and happy day!
  - I am thankful.
- I feel small, but God is bigger and will protect me. (from 2 Thessalonians 3:3)
- I feel like no one hears me, but God is always listening. (from 1 Peter 3:12)

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