



## **Auxilium Education Coaching presents: Mindfulness**

**Thursday, March 26, 2020**

Time for a brain break - Mindfulness

Supplies- access to the internet, pencil or pen, colored pencils or markers, 8.5x11 piece of paper, printing capabilities for the worksheets

1. What is mindfulness?
  - a. Watch this clip with your kiddo: <https://youtu.be/iBpEYa74w2Y>
  - b. If you need more information you can read this article:  
<https://www.nytimes.com/guides/well/mindfulness-for-children>
2. Use the following link to play mindfulness music during your mindfulness activities:  
<https://youtu.be/qFZKK7K52uQ>
  - a. Rainbow bubble breathing worksheet. Using the link below, print out this bubble blowing worksheet: <https://branchhabitat.blogspot.com/2014/03/mindful-homeschool-activity-sheet-and.html?m=1>
  - b. Create a “gratitude jar” (See worksheet below): On a piece of paper Draw a jar, that will fill up the entire paper. Decorate the lid and make it look appealing. Now list all of the things your grateful for.
    - i. What are you grateful for?
    - ii. Who are you grateful for?
    - iii. Now compare your answers:
      1. Do you have any that are the same as your parent or caregiver?
      2. How is this practicing mindfulness?
3. Mindfulness breath meditation:
  - a. Find a comfortable place to lay down or relax your body
  - b. <https://youtu.be/CvF9AEe-ozc>
4. What are some other activities that you and your family could do together tonight that would also be mindful?

### Extension activities:

1. This article has amazing resources and ideas for being more mindful  
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>
2. Mindful coloring: <http://www.momentsaday.com/how-to-explain-mindful-colouring-to-kids/>
3. Further reading on mindfulness through meditation: <https://well.blogs.nytimes.com/2016/05/10/the-mindful-child/>

For more information, please visit: [www.auxiliumeducationcoaching.com](http://www.auxiliumeducationcoaching.com)  
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## **Gratitude Jar**

Draw a jar, that will fill up the entire paper. Decorate the lid and make it look appealing.  
List all of the things your grateful for.

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or email Becky at [becky@auxiliumeducationcoaching.com](mailto:becky@auxiliumeducationcoaching.com)