

BALANCING CHIPS GAME

Use the chips from a game such as Checkers, Othello or Connect Four. Take them out and place them where you and the child can reach them.

Guided Script:

- We are going to play a mindful body game called Balancing Chips. Please sit down on the floor. Let's get the wiggles out. Do it with me, wiggle every part of your body for a few moments. Wiggle your feet, your legs, your arms, your hands, your fingers, your head, your mouth, and your eyelids. (Do it with them)
- Ok, now take a belly breath in through your nose and blow out like you are blowing a bubble.
- Now I will give you a chip. Take the chip and place it on your leg just above your ankle and balance it there. Now put this chip on the other leg. Now put this chip on your leg above your knee and this chip on the other leg.
- Lie down on the floor on your back with your arms and legs straight. If it is okay with you I will put the rest of the chips on. I will put one chip on the back of each hand and then another chip on each arm between your wrist and your elbow. I will put a chip on each shoulder. Now I will put a chip on each side of your forehead about your eyes. And I will put this last chip on your chin.
- Now I will time how long you can balance all of these chips without moving and knocking any of them off. Pay attention to your breathing. Let yourself relax and sink into the floor. If you feel like you need to move, just let go of that thought and bring your attention back to how it feels to breathe and keep balancing the chips.

Keep track of how long they balance the chips. Let them try several times. Have fun with them and enjoy the process.

Let them play the game for a few minutes each week for a few weeks. Then let them play later on after learning and practicing more mindfulness skills. They may start to decrease hyperactivity and gain more control over their body movement.