

Mindfulness & Deep Breathing

Mindfulness

Mindfulness is when we take the time to be present or to pay attention to what is going on around us. This involves learning how to recognize and name sensations that we experience in our bodies as we feel different feelings and emotions. Part of learning to be mindful is understanding how to name and experience being present with all 5 of our senses. Being mindful is a wonderful practice no matter what your child is feeling!

Here are some easy tips for guiding your child through being mindful!

1) Help your child label their emotions and feelings in the moment. For example, if your child is feeling angry, then you might state something like, “sounds like you’re feeling angry right now.” This helps your child to be affirmed or validated in their feelings, and helps them to learn to put a name or label their feelings. It also gives them the opportunity to correct you if anger wasn’t the label that they would attach to describe their feeling or emotion.

2) To help your child learn to be present using all five of their senses, ask them the following questions:

- a) What do you see?
- b) What do you smell?
- c) What do you taste?
- d) What do you hear?
- e) What do you feel beneath your feet or your hands?

Deep Breathing

Deep breathing is a great way to relax the mind and body when feeling stressed, angry or irritated, or anxious. It helps us re-center and connect with ourselves.

One way to practice deep breathing is by lying on your back and placing an empty cup on your stomach with the opened part faced down. Slowly breathe in through your nose and watch the cup on your stomach rise. After you have filled your lungs to capacity, slowly exhale out through your mouth, and watch the cup drop back down! Try doing this three times in a row. With time and practice, remove the cup, close your eyes, and just think about your breathe in and out.

