

# MINDFUL EXERCISES For Kids

By: Sara-Jane Law



# Teacher Note:

Hi Lovelies!

Thanks so much for purchasing this resource! I absolutely loved making it and using it in my classroom, so I hope you do too!

## Why Teach Mindfulness?

Mindfulness teaches us to focus on the present. It helps us become more aware of our thoughts, our feelings and what's around us. Mindfulness helps children who may find it difficult to self-regulate at times.

There are lots of ways to practice mindfulness, breathing exercises, Yoga, mindful coloring-in, meditation, mindful eating, mindful smelling etc.

Being mindful can help kids build self-awareness and self-esteem.

## Why Teach Breathing Exercises?

It gives our children a lifelong tool for managing their stress and cultivate inner peace. It will give them the opportunity to learn how to feel calmer, be more relaxed and be more alert at any given time.

Focusing on breathing deeply helps us move out of our sympathetic nervous system (fight or flight) into our parasympathetic nervous system.



Sara

Spark Interest With Sara  
Sara@sparkinterestwithsara.com

CLICK ON THE LINKS





# Teacher Note:

The CASEL SEL COMPETENCIES supported by this resource are:

- a. Self-Awareness - Identifying one's emotions
- b. Self-Management - The ability to manage one's emotions

These fun being mindful lessons are perfect for the young learner. Please remember that mindfulness is a practice, and it takes time to get better at it.

In these lessons, the children will begin by being introduced to mindfulness. Then, they will complete a variety of different activities to practice different types of mindfulness techniques.

I hope this resource is helpful to you and your young learners!



If you have any questions, email me at:

[Sara@sparkinterestwithSara.com](mailto:Sara@sparkinterestwithSara.com)

I would love to connect and hear about your experience using this resource.

You are doing a great job! Keep doing what you are doing!

# PREVIEW



Sara

Spark Interest With Sara  
Sara@sparkinterestwithsara.com

CLICK ON THE LINKS



# DETAILED LESSON PLANS

INCLUDED ARE DETAILED LESSON PLANS—  
NO PLANNING NEEDED!

Lesson 1		Lesson 2	
Let's Get Mindful		Bunny Breathing	
Lesson Plan	<p>An Introduction to Being Mindful</p> <p>1. Explain to the students we will listen to our bodies and emotions Mindfulness.</p> <p>2. Mindfulness mean to be cc</p> <p>3. Together with</p> <ul style="list-style-type: none"><li>What can e</li><li>our eyes, lie c</li><li>What can s</li><li>music look at f</li></ul>	Lesson 2	Bunny Breathing
	Closing		
Lesson 8		Lesson 8	
Mindful Smelling		Mindful Smelling	
Lesson Plan	<p>Mindful smelling encourages us to just be in the moment and to focus on one sense. This helps us be calm and centered.</p> <p>1. Explain to the children, that our sense of smell is an important sense and can remind us of memories.</p> <p>2. What are your favorite smells? What does it remind you of? The smell of hot popcorn always reminds me of going to the cinema. Invite the children to share their smells.</p> <p>3. Choose several items with different scents. I recommend a minimum of five.</p> <p>4. Keep the scents as natural as possible. Think about using things such as a fresh flower, fresh or dried herbs, citrus peels, grass, etc.</p> <p>5. Fill small containers with the items. Muffin liners are great! If you're using something wet like essential oils for the scents, then go with plastic cups or glass.</p>	Lesson Plan	Get Mindful
	Closing		

©Spark Interest With Sara 2022



# PRINTABLE VERSIONS COLOR + B+W

LOOKING TO INCORPORATE MINDFUL EXERCISES  
WITH YOUR YOUNG LEARNERS?

WHAT'S INCLUDED?

# PREVIEW

- 🌈 8 MINDFUL LESSONS
- 🌈 1 DRAGON BREATHING STORY POWERPOINT
- 🌈 CRAFT ACTIVITIES
- 🌈 CLASSROOM POSTERS
- 🌈 MINI MINDFUL TECHNIQUE TAKE HOME CARDS
- 🌈 A YOGA PRINTABLE STORY
- 🌈 5 FUN MINDFUL COLORING SHEETS



# STORIES TO LINK TO LEARNING

## PREVIEW



Yoga Story: Kitty the Cat



1. Let's begin by sitting on our bottoms, legs crossed and our hands in a special yoga position, and let's say together ... Namaste.
2. Today we are going to visit a special cat Kitty.

©Spark Interest with Sara 2022

## PREVIEW



USE THESE STORIES TO BRING THE  
MINDFUL EXERCISE TO LIFE!



# CRAFT TO MAKE LEARNING FUN

PREVIEW



BUNNY  
BREATHING, CANDLE  
BREATHING &  
MINDFUL SMELLING  
MASK!

# PRINTABLES TO SUPPORT LEARNING



CLASSROOM  
POSTERS



MINI

MINDFULNESS  
TECHNIQUE CARDS

PREVIEW





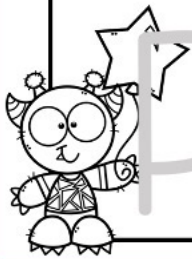
# PRINTABLES TO SUPPORT LEARNING

Name: \_\_\_\_\_

## I am an Alien

Instructions: Draw yourself as an alien.

## ing Mindful



... We are calm.  
... en to our bodies.  
... ice our emotions.  
... ay our bodies  
... ax our minds.

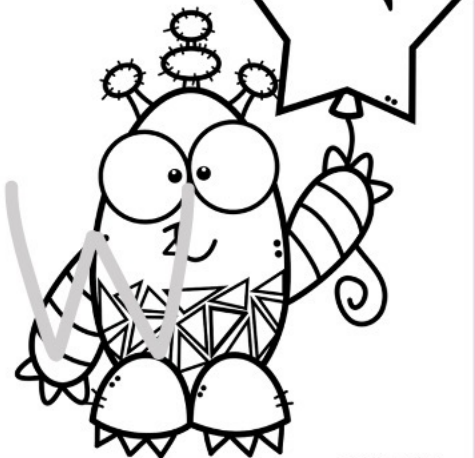


## DRAWING SHEETS

 **MINDFUL  
COLORING SHEETS**

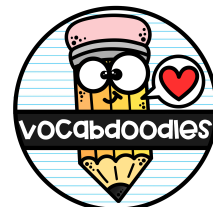
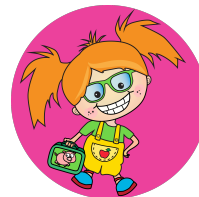


## Let's Be Mindful





# Credits:



Don't Forget...

To leave your feedback on this product to earn credit for your TpT account!

That means, more goodies for your classroom!

Thank You for Your Support!





# TERMS OF USE

By purchasing this resource, you are agreeing that the contents are the property of Sara-Jane Lai @ Spark Interest with Sara and licensed to YOU only for classroom / personal use as a single user.

I retain the copyright and reserve all rights to this product

## YOU MAY:

- Use free and purchased items for your own classroom students, or your own personal use.
- Reference this product in blog posts, at seminars, professional development, workshops, or other such venues, ONLY if both credit is given to myself as the author, and a link back to my TpT store is included in the presentation.
- Purchase licenses at a great discount for other teachers to use this resource.

## YOU MAY NOT:

- Claim this work as your own, alter the files in any way, or remove copyright / watermarks.
- Sell the files or combine them into another unit for sale / free.
- Post this document for sale / free elsewhere on the internet (this includes Google Doc links on blogs).
- Making copies of purchased items to share with others is strictly forbidden and is a violation of the TOU / law.

If you encounter an issue with your file, notice an error, or are in any way experiencing a problem, please contact me and I will be more than happy to help sort it out.

