Share these simple mindfulness exercises at the beginning of your mini-sessions, or anytime parents (and children) might benefit from a centering moment. Begin by making sure there is as much calm and quiet in the room as possible, and that everyone is sitting comfortably.

**Drawing and Coloring**

Purposeful coloring can help us relax and focus on the present moment. It benefits both children and grown-ups! When coloring with children, you can model how to be mindful as you choose what to draw and color: *I am picking up the blue crayon. I’ll use it to color in the sky. I am only thinking about coloring at this present moment.*

**Balloon Breathing**

Taking a few calming breaths helps the brain and body relax and focus. Let’s try it:

- **Inhale Deeply:** Place your hands on your belly. Slowly breathe in through your nose. Feel your belly expand like a balloon.
- **Exhale Fully:** Now, open your mouth and breathe out slowly. Feel your “belly balloon” deflate. Repeat two more times.

**Giraffe Neck Stretch**

Breathing through movement helps calm the body and fills the brain with oxygen:

- **Sit up tall like a giraffe.**
- **Slowly and gently,** let your head fall to the right side. Breathe in and out slowly.
- **Sit up tall again.** Continue with the head falling to the left and to the front.
- **End with three deep breaths.**

**Sending Kind Thoughts**

Use the power of imagination to express care for others:

- **Let’s close our eyes** and take three deep breaths.
- **Think of someone you care about.** What kind words would you like to say to that person? Say them quietly in your mind.
- **Take one more breath** in and slowly let it out.