



Mindfulness Moments

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.

