# Why Mindfulness is Good for Kids



#### Which is a mindful choice when you are angry?

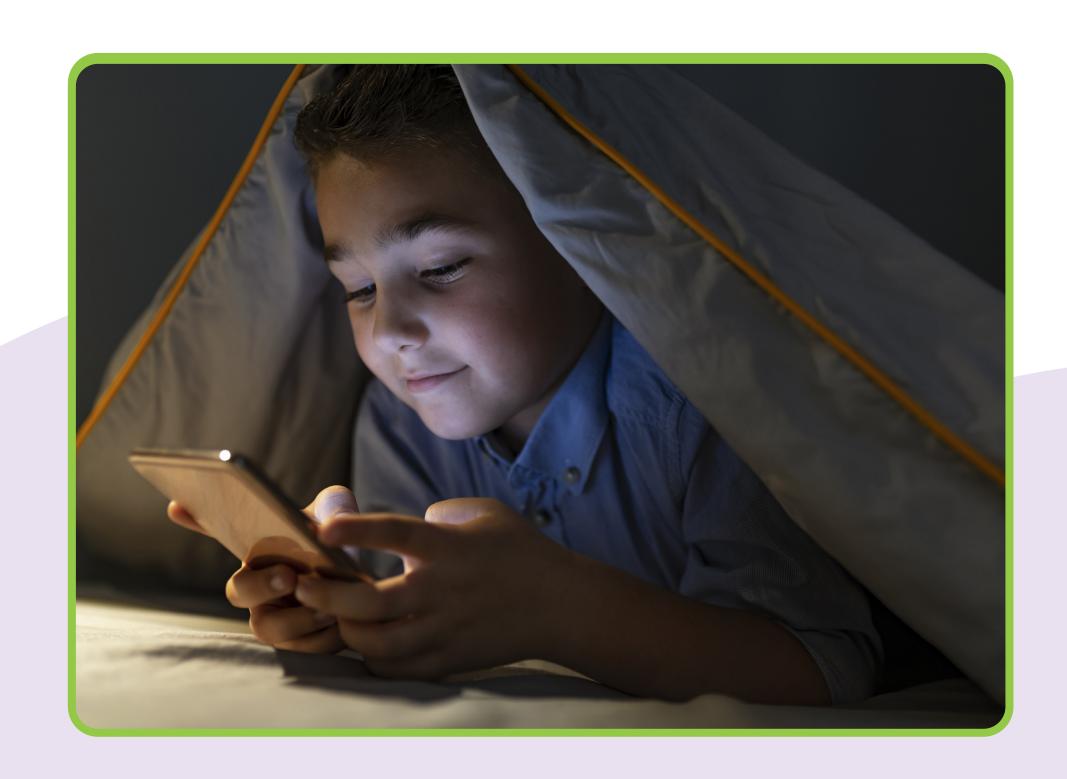


Cross your arms and stomp your feet.



Pause to think about your feelings and take a few deep breaths.

#### Which is a mindful choice when you cannot fall asleep?



Turn on the TV, a tablet, or another screen.

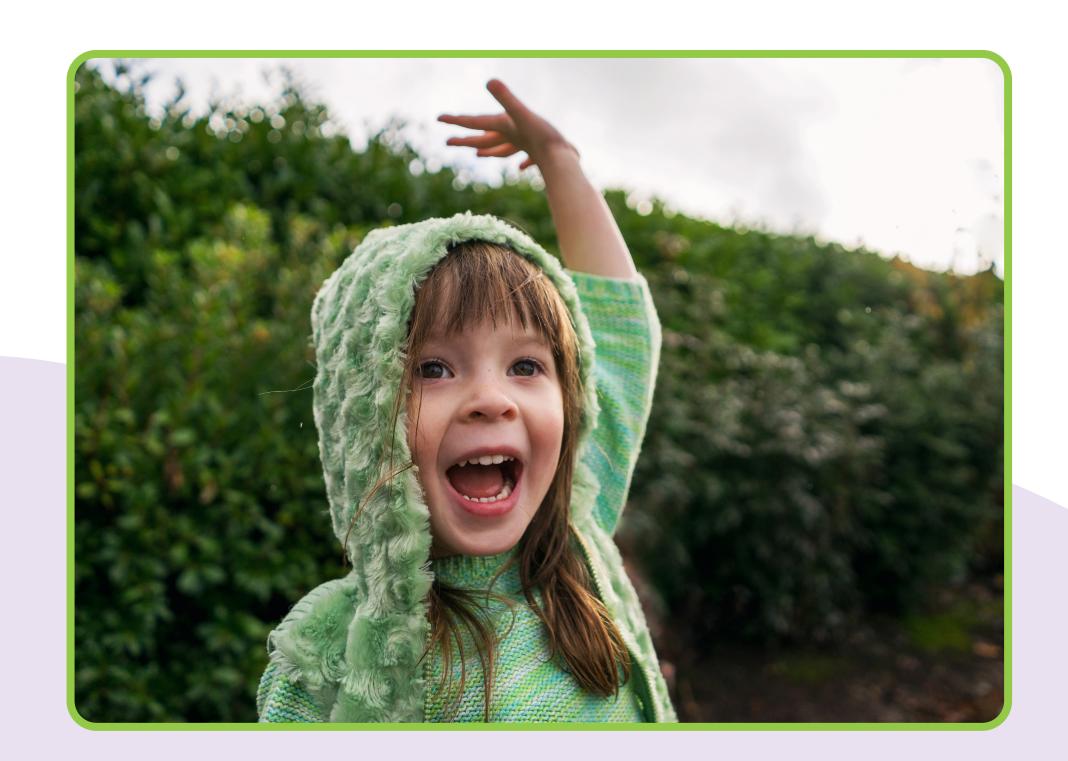


Focus on your breathing and silently list things you are grateful for.

### Which is a mindful choice when you greet a friend?



Wave quickly and walk away.



Say hello and say their name.

### Mindfulness Matters

The more you pause to be mindful, the more you will notice your feelings and emotions. This helps you make healthy choices.





## Mindfulness Matters

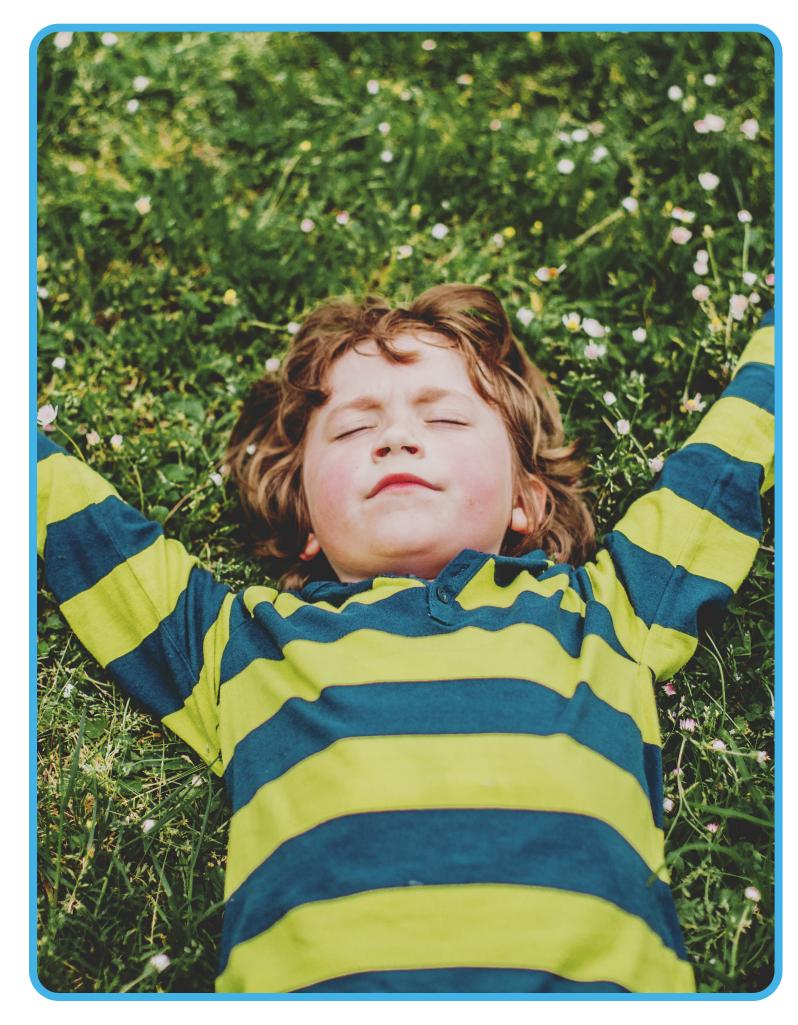
Being mindful helps you control your choices.

Being mindful can also help you feel better when you are stressed.

WHAT ARE THE BENEFITS OF BEING MINDFUL?

# Try It Now: Body Scan

- 1. Lie on your back or sit in a comfortable position. Close your eyes.
- 2. Starting at your toes, squeeze and release each muscle in your body. Focus on how your body is feeling.
- 3. Relax your entire body for a couple minutes, then open your eyes.



## Try It Now: Flowers and Bubbles





- 2. Keep your mouth closed. Breathe in slowly through your nose like you are smelling a flower.
- 3. Hold that air in your body while you silently count to 2.
- 4. Slowly let the air out through your mouth like you are blowing bubbles.
- 5. Repeat 5 times. Focus on how your body is feeling.

