

*Blissful Kids*

# 12 Bite-Sized Mindfulness Activities

## 12 Days Of Mindfulness

- **positivity**
- **awareness**
- **focus**
- **calm**
- **emotional intelligence**



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# 3 DAYS OF MINDFULNESS FOR EMOTIONAL INTELLIGENCE

Start  
here!

## 1 Explore how different emotions feel.

See how it makes you feel inside when you slowly read these words. Spend at least ten seconds with each word: Happy. Sad. Excited. Mad. Stressed. Bored. Loving. Anxious. Worried. Scared. Jealous. Quiet. Silly. Peaceful.



Can you feel the difference?

## 2 Recognise at least one strong emotion today.

It might be anger, joy or excitement. See if you can feel the emotion in your body. Can you feel butterflies in your tummy when you're excited?

How does your face feel when you are happy? When you are upset, how does your tummy feel, and how do your muscles feel? How does your body feel when you're angry?



See if you can figure out what sensation goes with what emotion.

## 3 Name at least one difficult emotion today.

Next time you experience a difficult emotion, try to give it a name if you can. It might be anger, jealousy, anxiety, sadness or something else.

Paying attention to and naming the feeling can take its power away.



What emotion did you name? How did it make you feel?



# 3 DAYS OF MINDFULNESS FOR HAPPINESS

Start  
here!

## 1 Think of a happy memory.

Close your eyes and remember a time when you felt happy. Maybe someone was kind to you. Perhaps you got a smile from a friend or your pet was happy to see you. Remember a wonderful moment like that. Simply close your eyes and bring it into your mind. What did you see and hear? Did you laugh or smile? Who was there?



Notice how you feel when you remember the memory.

## 2 Send kind thoughts.

Close your eyes and bring someone you really like to mind. Imagine them happy and smiling at you. Say to them: May you be healthy and strong. May you be happy. May you be peaceful. Notice how your mind and heart feel when you do this. Notice how your body feels. Now try a self hug and send kind thoughts to yourself! Say to yourself: May I be healthy and strong. May I be happy. May I be peaceful.



How does this make you feel?

## 3 Go to sleep smiling.

Next time you go to sleep, think of five things you are grateful for. Things like a friend who makes you happy, your family, a pet, the warm sun on your face, and good food. Spend a minute or two thinking of the things you are thankful for. See how this makes you feel.



You can try this out pretty much any time, not just when you go to sleep. This exercise might even change your mood when you are sad or angry.



# 3 DAYS OF MINDFULNESS FOR AWARENESS

Start  
here!

## 1 Wash your hands mindfully today.

How does washing your hands really feel? Slow down and feel the flow of water. Watch the water flow. Feel the soap. How does it feel in your hands? Feel the cloth you dry your hands with. Take your time and enjoy it!



You have just learned to pay attention better.

## 2 Eat a raisin or a piece of chocolate mindfully.

Slow down and really look at it. Then feel the raisin or chocolate between your fingers. How does it feel? Smell it. Take your time. Put it on your tongue - what does it feel like? Bite it. Are there many flavours? Does it taste different when you slow down and pay attention like this? Swallow and see what flavours linger.



Was this experience different from how you usually eat? How?

## 3 Try mindful listening.

Sit down for a minute and close your eyes. Listen very carefully and be still. At first you might think there are no noises. But maybe you can hear the sound of a plane or car outside, a clock ticking, an appliance humming, the roof creaking, or your ears buzzing. Count how many noises you can notice in a minute.



How does focusing your attention like this feel?



## 3 DAYS OF MINDFULNESS FOR FOCUS AND CALM

Start  
here!

### 1 Find your breath.

Take three slow, mindful breaths right now. Feel each breath from start to finish. Take it slow and put all of your curiosity into it. Can you feel your breath at your nose, belly or chest? Does your belly go up and down? Does your chest expand and contract? Can you feel your breath at the tip of your nose?



How did this exercise make you feel?

### 2 Try 10 mindful breaths.

Put your hands on your belly and count every time your belly goes up and when it goes down. Like this: belly goes up – one. Belly goes down – two. And so on, all the way to ten. See how paying attention to your breath makes you feel. How do you feel afterwards?



When angry, anxious or sad, take ten mindful breaths and see if it makes a difference.

### 3 Fill an idea jar.

What are the best ways for you to calm down and relax? Maybe yoga stretches help you calm down. Perhaps drawing is soothing for you. Write your ideas down on pieces of paper and put them in a jar.



When difficult emotions become too much to handle, pay a visit to the “idea jar.”



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