

# Mindful Moments for Families

## What is Mindfulness Meditation?

Being mindful means being aware of what is happening in the present moment -- what you are feeling, hearing, or noticing.

## Why practice mindfulness with children?

- Increase compassion and empathy
- Decrease stress and anxiety
- Improve academic performance
- Build executive functioning skills, such as: paying attention, focus, completing multi-step tasks, interacting with others appropriately

Source: [www.mindful.org/mindfulness-for-kids](http://www.mindful.org/mindfulness-for-kids)

## It's as EASY as...

# A

### ASK

*How am I feeling?*

*excited*    *scared*

FRUSTRATED

*anxious*

*silly*

*happy*

*sad*

**angry**

# B

### BREATHE

*slowly*

- Belly breathing
- Breathing beads
- Mindful breathing
- Coloring
- Take a walk

# C

### CHOOSE

*A positive thought or action.*

- Send a kind thought to someone
- Help someone
- Name 3 things you are thankful for
- Gratitude jar

## Five Senses Grounding (5-4-3-2-1 Technique)

[copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique](http://copingskillsforkids.com/blog/2016/4/27/coping-skill-spotlight-5-4-3-2-1-grounding-technique)

5



4



3



2



1



Source for pictures: [www.clipart-library.com](http://www.clipart-library.com)

Created by: Sylvia Hennessee & Heidi Bertaux | HCLS – Miller Branch | May 2021



# Mindful Moments for Families

## HCLS Resources

### FICTION

**BOARD BOOK M** Moyle, Eunice and Moyle, Sabrina

*Sloth and Smell the Roses*

**E CAR** Carle, Eric *Calm with the Very Hungry Caterpillar*

**E CHI** Chien Chow Chine, Aurélie *Little Unicorn is Scared*

**E CHI** Chien Chow Chine, Aurélie *Little Unicorn is Angry*

**E DOP** Dopirak, Kate *Hurry Up! A Book about Slowing Down*

**E ENG** Engel, Christiane *ABC Mindful Me*

**E GRA** Gravel, Elise *Puppy in My Head: A Book About Mindfulness*

**E PEN** Penfold, Alexandra *Big Feelings*

**E VER** Verde, Susan *I am Peace: A Book of Mindfulness*

**E VER** Verde, Susan *The Three Little Yogis and the Wolf who Lost His Breath*

**MEDIA TIE-IN** Mathieu, Joe *Elmo is Mindful*

### OTHER

**CD CHILDRENS** Willey, Kira *Mindful Moments for Kids*

### NON-FICTION

**CHILDRENS 155.412O** O'Neill, Poppy *Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety*

**CHILDRENS 155.412W** Williard, Christopher and O'Leary Wendy  
*Breathing Makes it Better*

**CHILDRENS 158.12G** Gates, Miriam *Breathe with Me* (also DVD CHILDRENS)

**CHILDRENS 158.12G** Gates, Miriam *Meditate with Me*

**CHILDRENS 158.12S** Stewart, Whitney *Meditation is an Open Sky*

**CHILDRENS 158.12W** Willard, Christopher and Rechtschaffen, Daniel *Alphabreaths*

**CHILDRENS 158.12W** Willey, Kira *Breathe Like a Bear* (also DVD CHILDRENS)

**CHILDRENS 158.12W** Willey, Kira *Peaceful Like a Panda*

**CHILDRENS 158.13L** Lawler, Jean

*Experience Mindfulness: How Quiet Time Makes You Feel*

**TEEN 158.12C** Chopra, Mallika *Just Breathe*

**618.9285W** Walker, Bridget Flynn *Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic & Avoidance*

**618.9289H** Halloran, Janine *Coping Skills for Kids Workbook*

### Howard County Resources

**Howard County Office of Children & Families**

[www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families](http://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families)

**HCPSS** | [www.hcpss.org/supports/mental-health-wellness/](http://www.hcpss.org/supports/mental-health-wellness/)

### Other Online Resources

**Mindful** | [www.mindful.org/mindfulness-for-kids/](http://www.mindful.org/mindfulness-for-kids/)

**Kira Willey** | [www.kirawilley.com/resources](http://www.kirawilley.com/resources)

**Child Mind Institute** | [childmind.org](http://childmind.org)

