

made with love by
marleen and janneke schmidt

kids go *mindful*



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Mindfulness for Kids

In this e-book you will find a number of meditations, breathing and movement exercises that you can do with children.

Why is it important to engage children in this way? Using these practices in stressful times can bring children back to a more natural state of being, their true self. In addition, children with mindfulness skills learn to regulate and express their emotions. Self-regulation is not something innate, it is something learned. This tool can manifest change in a profound way, better equipping them for their journey through life.

Some helpful tips for you as a parent or teacher:

1. read the meditations in a calm and peaceful voice, not exaggerated and in a tempo slightly slower than a normal reading story
2. first read the meditations for yourself so you know where the break times are needed. Be clear on how you tailor the message to your child. When it comes to a child's concentration, you know their limits.
3. Leave judgement and expectation at the door! No right or wrong! The experience will take many shapes and forms and is up to you to explore with a curious mind. A child's mind.
4. Create a quiet space where you cannot be disturbed and preferably, not a set time on a set date. Can be any moment where both of you have slowed down.
5. In this space avoid controlling the child's behavior. Again, there is no right or wrong. The child may move freely during meditation and short responses are okay
6. Be gentle and friendly, if you are nervous about the process, most likely your child will be too.



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Thank you

Meditation for gratitude.

5

Breathe the Bee

For mental focus and relaxation.

6

The mountain inside

Meditation for strenght and for feeling safe.

7

Breathe Like a balloon

For letting go of tension and developing a relaxed posture.

8

The sound of the breath

For letting go of tension.

9

Rainbow

Visualisation for strenght and creativity.

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The candle breathing

For mental focus and focus on breating out.

11

Quiet as a rock

Calms the mind.

12

Ocean breath

Calms the mind.

For letting go of tension in the face and neck area.

13

Wring it out and tap it off

For letting go of inconvenient thoughts and feelings.

Thank you

Sit / lie comfortably and close your eyes if you want. Breathe in and out slowly. Maybe you still feel some restlessness in your body or you notice that you have a lot of thoughts in your head, every time you notice that, kindly bring your attention back to your breathing. Feel that your body is allowed to relax, your body is getting softer.

...

Excellent.

How do you feel right now? Are you calm or restless?
What is going on in your head right now, can you notice what thoughts you have?
Everything is allowed, nice feelings but also strange feelings.

Now try to concentrate on your breathing.

Can you think of someone you're grateful for, that could be a person you love, or maybe a pet?
Now imagine that you are with that person or animal you have chosen and feel how much you love them. Can you feel it somewhere in your body?

If you completely feel how that person or animal is with you now, you can tell them how grateful you are that they are there. You can send them a wish from the heart that way.

Now when you're ready, send them a wish from your heart.

(pause)

When you are ready, think about where you are sitting / lying now. Gently move your fingers and wiggle your toes (if you are lying down you may want to stretch out completely).
You finish this exercise at your own pace and in your own way.



For children who are not used to meditate, tell them that they will not have to answer the questions during the exercise, they can keep the answers to the questions asked for themselves.

Breathe the Bee

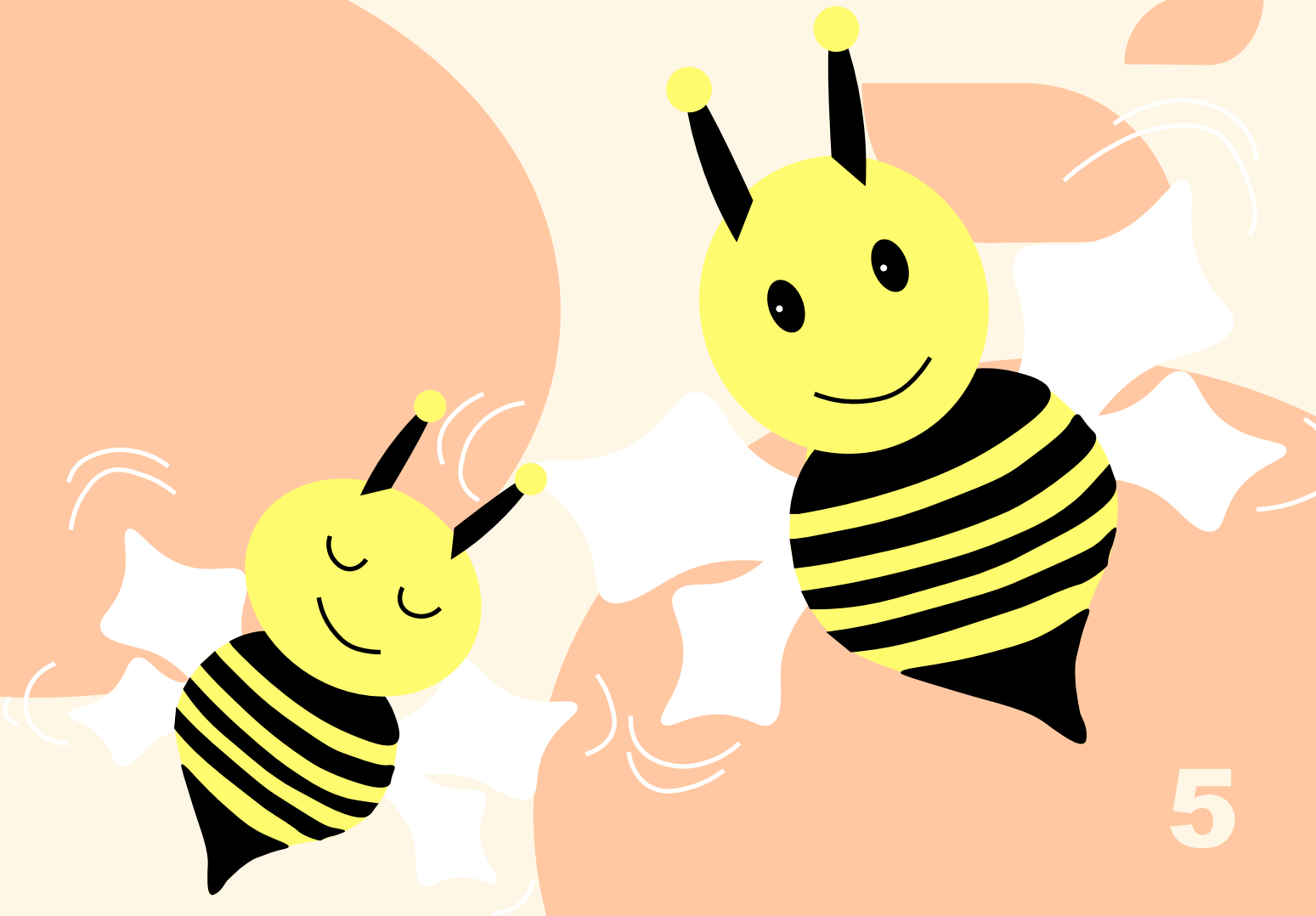
Come sit cross-legged

Put your hands on your legs

Breathe in gently through your nose

And when you exhale you make the
sound of a bee "Hmmm"

Just see how long you can keep it up,
don't get out of breath, if you feel you
want to breathe in again, breathe in
gently through your nose and then
make the sound of a bee again. Keep
repeating this for a little while.



The mountain inside

Sit comfortably and close your eyes if you like. Breathe in and out slowly. See if you can feel the breath in your body. Your back is nice and straight and your shoulders down and relaxed. You are now in your silent body, you do not have to do anything, you don't have to think about anything and if there are thoughts, take a look at them and bring your attention back to your breathing.

Good! Keep going...

Imagine that you see a mountain, watch everything you can see from this mountain, look at the shape of the mountain, the colors and the height. Notice how calm, strong, stable and wise the mountain is.

(short break)

Now imagine that you yourself are that mountain, you are strong, calm, stable and wise. And no matter what happens, whether the sun is shining, it is raining or the wind is blowing wild, you and the mountain are the same. You are deeply connected to the earth and you are unshakable. Trust this base, this power, trust that whatever happens, you know it will pass and you are as strong as the mountain.

Breathe in and out gently and feel how strong and powerful you are.

Your feet are pressed firm on the ground and you are unshakable, let everything come and go, you notice that the world is changing, but you are not changing with it. Thoughts and feelings come and go, but you, the mountain, you stay. You keep seeing, knowing and being who you are, very perfect very beautiful.

(short break)

Then you slowly come back here in this moment in this space and you feel how you sit on your (or pillow / bed) slowly you move your fingers and in your own way and at your own pace you finish this exercise.



Breathe Like a balloon

Sit on a chair or on the floor, making sure that both feet touch the floor.

You sit nicely upright

Then place both hands on your stomach

Breathe in gently and feel the belly inflate like a balloon

Your belly fills with air

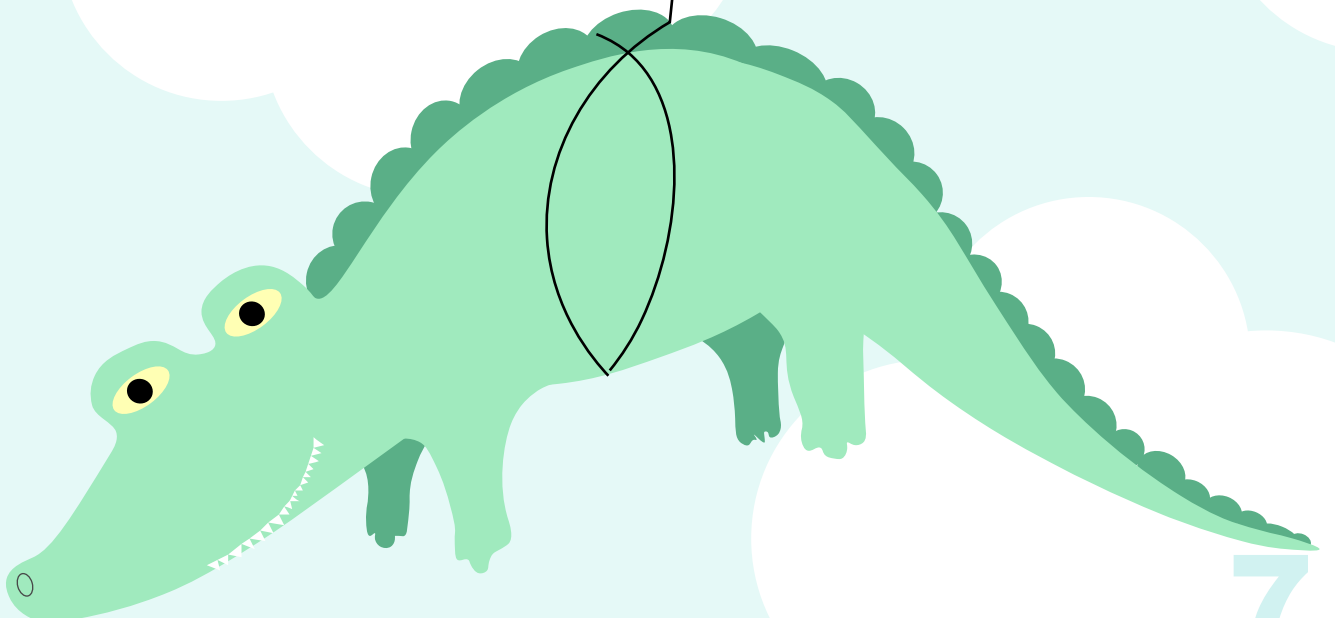
Breathe out gently and feel your tummy slowly lower and contract

It almost goes without saying

Breathe in gently and feel your belly expand slightly

Breathe out gently and feel it sink back in.

Do this exercise as long as you like.



The sound of the breath

Sit comfortably and place your hands over your ears
so that you can hardly hear anything from outside.

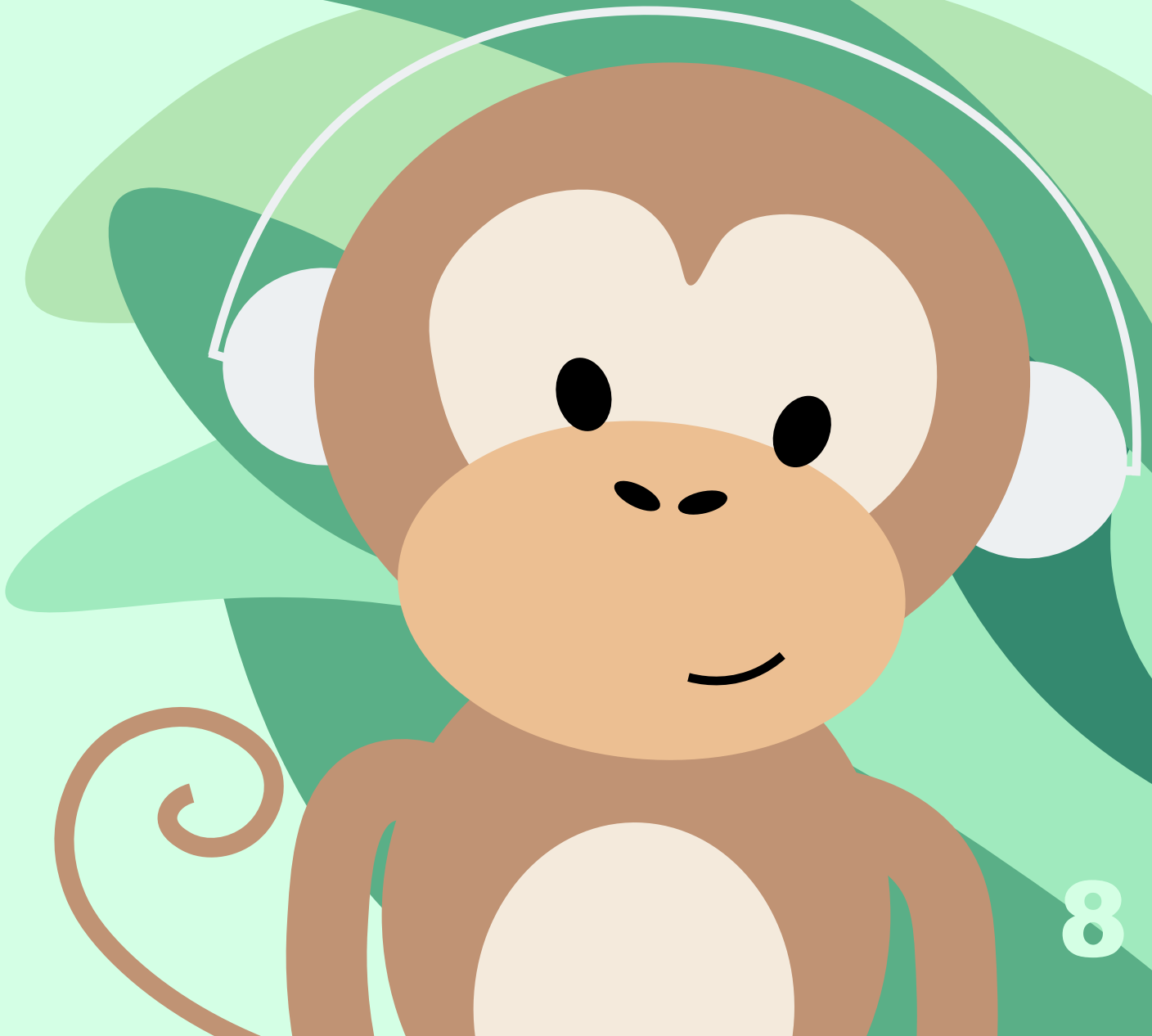
Inhale and exhale through your nose, then listen to
the sound of the breath

See if you can think of a word that describes the
sound of the breath

Go ahead, put your hands on your ears

(see how long the concentration allows)

What word could you think of to describe the sound
of the breath?



Rainbow

Did you know that you have a rainbow in your body? Sit back or lie down and imagine it.

At the bottom of your back where your tail would sit if you were an animal, a red sun shines that spins. Do you feel how it radiates in all directions? Your red sun helps you feel the ground.

A little higher just below your belly button, an orange sun shines. It helps you to make beautiful things and have fun.

A yellow sun shines above your belly button. Here you know exactly who you are, your special you.

A green sun shines around your heart. Here you can feel how much you love people, animals and maybe everything.

A bright blue sun shines near your throat. It helps you say what you find important.

Between your eyebrows a purple-blue sun, here you can see very well.

And on top of your head a bright purple sun shines, which lets the most beautiful light enter you.

You have all the colors of the rainbow in your body, each color with its own strength, do you feel how you radiate?

Enjoy this feeling

And at your own pace you finish this exercise.



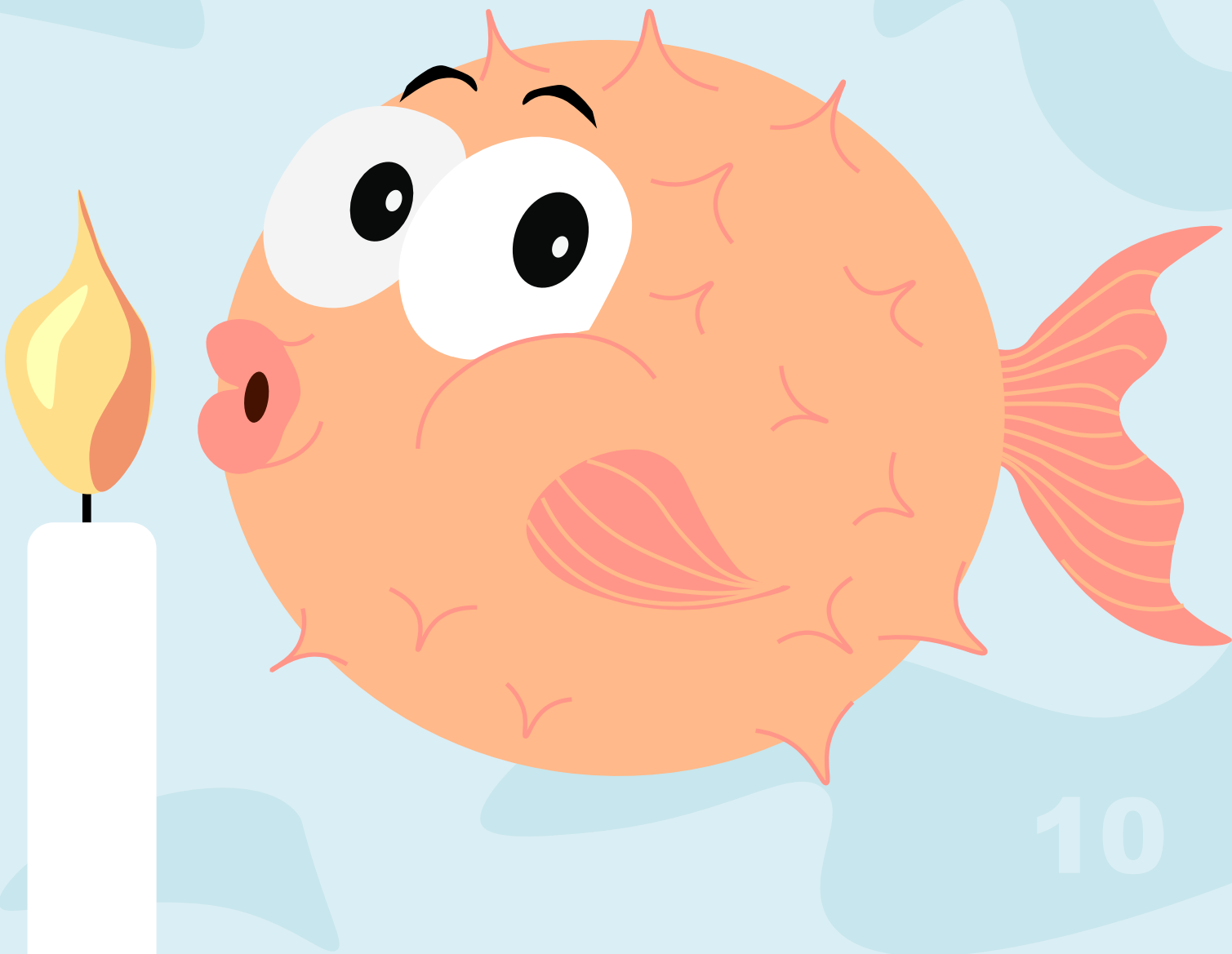
The candle breathing

Intertwine your fingers and keep your index fingers up in front of your mouth.

Imagine your fingers are a candle.

Breathe in through your nose

And breathe out gently through your mouth and blow out the candle



Quiet as a rock

On your hands and knees

Inhale and spread your knees wide and let your big toes touch.

Exhale and bring your buttocks to heels and stretch your arms forward on the mat.

Your head rests gently on the mat and you breathe in and out through your nose

Stay as still as you can in this pose

You are as quiet as a rock and allowed to enjoy this feeling

You complete this exercise at your own pace and get out of the pose



Ocean breath

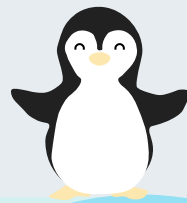
Sit comfortably and make sure your feet touch the floor

Breathe in through your nose

Exhale, open your mouth and hahhh, make the sound of the ocean waves

Keep repeating a few times

Maakt een druk
hoofd rustig en
ontspant de nek
en gezicht.



Wring it out and tap it off

Stand with your feet as wide as your hips and your knees slightly bent.

Your arms hang loosely against your body and you start to rotate from your hips, swinging your arms along with the back of one hand just above your buttocks and the palm of your other hand on your stomach, so you switch sides by continuing to rotate from your hips. You wring yourself out, just imagine that all the things you no longer need fall off, stress, worry, anger or grief you can wring it all out. Make sure that you keep turning from your hips and that you don't turn with your shoulders and your head. Your shoulders and head do move, but follow the movement of your hips.

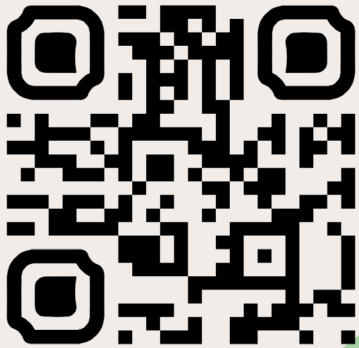
If you feel that everything has been wrung out of you and you feel clean and fresh, pat yourself completely dry. Do it gently and start at your head, so you go all the way down at the front of your body and go up again tapping at the back. Also take the side of your body and pat down with your right hand from your left shoulder to your left feet, then up with your left hand from the right feet till the right shoulder. Now you are almost done, we only add a little extra energy. Inhale and bring both arms up and reach towards the sun, take a little of its energy and exhale and bring your hands to your chest, repeat three times. (Breathe in realm up, exhale bring to your solar plexus)



Support our mission

We are the sisters Marleen and Janneke Schmidt. Our mission is to give as many young kids as possible, the tools to be mindful and able to deal with all kinds of feelings, thoughts, and emotions. Therefore we started Kids Go Mindful. Since we believe - especially now during COVID19 - all children in the world should be introduced to mindfulness, we created a free e-book. We would love to develop more ebooks, online programs and other tools to educate our new generation. Do you like our content and/or would you like to support our mission, you can support us with a donation on our crowdfunding page. You can scan the QR code below or go to <https://gf.me/u/xsph2m> in your webbrowser.

We believe Kids Go Mindful speaks all languages. It gives children a meaningful tool to enhance their mental health and combat childhood anxiety. Through different meditations, breathing and movement exercises you can create a moment **together** with your child in which there is room for relaxation and loving attention for yourself and each other.



Thank
you

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