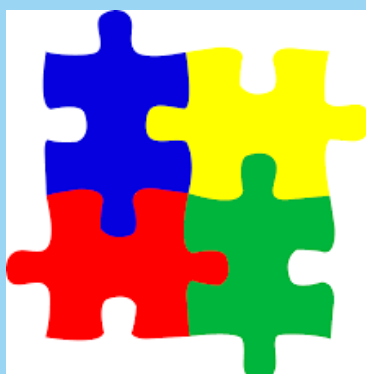


Mindfulness Weekly – Mindfulness for Autism, Part 2



Greetings! After sharing the benefits of mindfulness for autism and some sensory-integrated mindfulness activities last week, we would like to share some more mindfulness ideas that may be suitable for students with autism. We would like to share this website from Connected Kids:

<https://teachchildrenmeditation.com/toolkit-for-teaching-mindful-activities-kids-on-the-autistic-spectrum/>

Please note that we are not affiliated or in any way officially connected with Connected Kids. We simply would like to share other educators' experience in and ideas of mindfulness activities for students with autism, such as how to help students feel safe in their body with mindfulness and how we may use mindful movement and imagination, so let's get inspired!