



BUTTERFLY HUG

Invite your child to sit and relax with you. Tell them: Cross your arms in front of you, hold the left shoulder with your right hand and your right shoulder with your left hand. Breathe in and out for three deep breaths. Now imagine that your hands are butterfly wings, and gently flap them against your shoulders for three deep breaths. Ask them to notice how they feel to be a butterfly. How does it feel to hug yourself?

NIGHT SKY BREATHING 🌙

What to do: Find a comfortable place either outside or looking through a window where you can see the nighttime sky with your child. Model slow gentle breathing. Take three deep breaths together. Breathing in and out slowly. Feel the belly rise and fall.

Have your child look at the horizon and encourage them to notice any changes they see in the sky. Observe the sky, the moon and the stars.

After about three minutes of observing the sky, talk about what you saw together. Maybe ask, What did you see? What was your favorite part of the sky? Did you see any changes? How does it feel to relax and look at the sky? How did you feel before you started? How do you feel after?

BREATHING BUDDY 🧸

Invite your child to lay on their back and take three deep breaths in and out. Then invite their favorite stuffed animal to rest on their belly to go to sleep. Tell them to breathe in and out and watch their stuffed animal rise and fall with their breathing. Breathing in and out, slowly and deeply. Tell them to feel and watch the rise and fall of their belly. Expanding on the inhale and becoming smaller on the exhale. Then ask them how they feel after 2 - 5 minutes. Do they feel calmer? More relaxed? Ask them how they think their stuffed animal felt.

BALLOON BREATHING 🎈

Invite your child to sit tall in their bed. Tell them to imagine their belly is like a balloon. Breathing in notice how the balloon gets bigger as it inflates. Breathing out, notice how the balloon gets smaller as it deflates. Practice balloon breathing for 2 - 5 minutes. Then ask them how they felt. Was it relaxing, soothing, calming? Were you able to focus on the balloon breathing? If your child gets distracted, it's OK. Remind them to just come back to the breath.

HEART THOUGHT ♥

Invite your child to close their eyes. Tell them to take three deep breaths in and out and place their hand on their heart.

Then say: In silence send a kind thought to yourself. Notice how your heart feels when you treat yourself with compassion. Now send a kind thought to someone else and pay attention to how your heart feels when you are kind to someone else.

Afterwards ask them how it felt to be kind to themselves and to others.

BUBBLE THOUGHTS

Sometimes kids have a bad dream or can't fall asleep at night. Practice bubble thoughts when they have something on their mind and they can't fall asleep.

Have your child sit with their back straight and their body relaxed. Ask them to close their eyes or lower their eye gaze down. Together, take three deep breaths. Tell them to imagine putting their bad dream or difficult thought inside an imaginary bubble. Ask them to give their bubble a favorite color. Tell them to wave goodbye to the bubble as they watch it float away.

Afterwards, ask your child: Do you feel better after practicing bubble thoughts? Is there anything else you would like to let go of in a bubble thought?

Body Scan

Invite your child to lay in bed and get cozy under the covers. Take three deep breaths together.

Then read this poem from Greater Good in Education.

Relax your body, close your eyes if you please;
Allow your body to be at ease.

Gently breathe in through your nose;
Just quietly watch where your mind goes.

Now I invite you to wiggle your toes,
Do this slowly so nobody knows.

Does your body feel warm or cold, relaxed or tense;
Breathe in deeply, what do you sense?

Take in one big breath, like a gentle breeze;
Let your body and mind feel more at ease.

When you are ready, open your eyes, and smile;
Does your body feel more focused - even just for a while.

COUNTING TO 5

Invite your child to sit tall on the edge of the bed or in a chair. Take three deep breaths together. Slowly and gently. Breathing in and out.

Then ask your child to say, "*Breathing in one*," and "*Breathing out one*." Then "*Breathing in two*," and "*Breathing out two*." Continue counting the breaths until you get to five or more.

Remind your child to follow the breath going in and out.

Ask them how it felt to count their breaths and to pay close attention to breathing in and out.

COLOR SEARCH

Invite your child to sit in a chair or on their bed.
Together take three deep mindful breaths.

Then say: Think about your favorite color, quietly look around this space and see if you can find that color. In silence, search for it near you, above you, below you, behind you, to your left, to your right, even on you. Notice how you feel when you find your favorite color.

Take time to talk about why you like that color.