



## Supporting Your Child with Mindfulness

### What is Mindfulness?

Essentially, mindfulness is trying to be calm and focused on the present, allowing your mind to be still and find some order. With practice, it can have huge benefits for children struggling with depression and anxiety.

By encouraging children to focus on the present and the now, mindfulness can also:

- Help children who are struggling to sleep or find it difficult to be separated from parents or carers.
- Improve their focus and concentration, which can have a huge impact on their learning.

### Simple Mindfulness Activities for Children (and Adults)

1. **"Tummy Toy" Breathing:** Ask your child to lie down and place a soft toy on their tummy. Ask them to notice how the toy rises on the in-breath and falls on the out-breath. Challenge them to take deeper breaths so the toy moves more slowly, helping them to feel more relaxed and focused.
2. **Mindful Eating:** Give your child a snack. Ask them to really look at the snack—what is the texture, what does it smell like? Encourage them to eat it as slowly as possible.
3. **The Senses Check:** Close your eyes. What can you smell? What can you hear? Try to think of three things for each sense.
4. **Glitter Jar:** Fill a clear plastic bottle with water and glitter. Shake it and watch quietly whilst the glitter settles.
5. **Breathing Techniques:** Practice Star Breathing [Star Breathing Exercise- YouTube](#)

### Online Resources and Support

You can find free, guided resources to support mindfulness at home:



- **Headspace Kids:** Has free meditations suitable for children [Meditation for Kids - Headspace](#)
- **Cosmic Kids Peace Out:** Try using a guided relaxation from Cosmic Kids before bedtime [Peace Out Guided Relaxations for Kids- YouTube](#)
- **Mindfulness Colouring:** Mindfulness colouring books and activities are available both in stores and there are many free printable resources online.

### Contact and Support

As always, the Pastoral Team at Hyde Park Schools is available to support families with their wellbeing. Please do contact them via the school office if you have any concerns about your child's emotional well-being