



## Adventure to the Kindness Kingdom

# Mindful Kids Open Your Heart Activity Pack

### What is Mindfulness?

Mindfulness means paying attention, with kindness and patience, to what's going on inside and outside of you right now. You can be mindful by noticing your breathing, focusing your attention, expanding your awareness and by being patient even when things are hard. Mindfulness can help both children and adults build empathy and manage everyday emotions.

Each of these activities was taken from the Open Your Heart section of the *Mindful Kids* activity deck. This section focuses on how to accept life with kindness by fostering a sense of self-acceptance and connection to the world. Try them and notice if you feel like you've taken a few more steps towards the Kindness Kingdom!

### Mindfulness Tips

- There are no rules for using this Activity Pack, only guidelines.
- Anyone can learn mindfulness. Your body need not limit you. So don't worry if an exercise includes something that is not possible for you or feels unpleasant. You can still use the general idea of the exercise and just explore ways that work for you.
- If closing your eyes is unpleasant, keep them open and focus on something on the floor in front of you.
- For seated activities, you can sit on the floor on in a chair.
- You might think about many things when you do these activities. That's normal. You do not need to try to stop thinking. Instead, relax and focus your attention on your breath, on sound, on your body sensations or on a picture in your mind.
- It's okay if you feel bored or frustrated during these activities. You are learning to work with your mind. Be kind to yourself. Remember, each session is different because life changes moment by moment.

#### MEDICAL DISCLAIMER:

Mindfulness is the practice of paying attention, on purpose and without judgement, to the present moment. Mindfulness practice is a resource, not a substitute for medical treatment. If you have concerns, please consult your health care provider before you use the *Mindful Kids* Activity Pack.

From *Mindful Kids* by Whitney Stewart, illustrated by Mina Braun.



### Mindful Kids

50 Mindfulness Activities for Kindness, Focus and Calm

Written by Whitney Stewart  
Illustrated by Mina Braun

AGES 4+ DECK OF 50 CARDS  
WITH 8PP ILLUSTRATED LEAFLET



### MINDFUL BREATHS:

Feel your breath come into your body – into your nose or mouth, into your lungs and into your tummy. Feel your lungs release the breath before you take another.

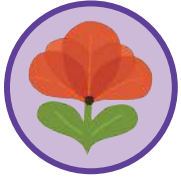


### SITTING MINDFULLY:

Hold your spine as straight as you can, while letting your whole body relax. Rest your hands in your lap or on your legs. Tilt your head down a little and close your eyes if you like.



Barefoot Books



## OPEN YOUR HEART

Feel a sense of self-acceptance and connection to the world.

# Sharing Friendship

Spread compassion in the world



1 Sit **mindfully**, with your spine straight and body relaxed. Close your eyes and take three soft, slow, **mindful breaths**.

2 Imagine your feelings for that person or pet as golden rays of light in your heart. Breathe in and out, and imagine sending the golden light to a friend who needs kindness. See your friend smiling.

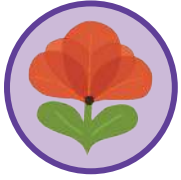
3 With your next out-breath, send your golden light to someone you don't know very well. See that person receive your light.



4 Now breathe in and out, and share your golden rays with someone you feel grumpy towards. Watch your kindness help that person.

5 Finally, share your golden light with everyone in the world. Imagine everyone laughing together.

6 Smile with that happy feeling. Take three more soft, slow, **mindful breaths** before you open your eyes.



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and connection to the world.

# Name That Feeling

Explore feelings  
in a fun way



***This is an activity for two or more people.***

People have feelings every day. You might feel happy, sad, angry, surprised, excited or scared, to name a few examples.

When you feel a certain way, your face and body might show it. You might smile or cry. You might open your mouth and eyes wide, or hunch over and look down.



- 1 One person picks a feeling and acts it out without talking.
- 2 The others guess the feeling. Then each person describes a time when they have had that feeling.
- 3 Each person takes a turn acting out a feeling.

***Tip: You can also practice these emotions in the mirror before trying this activity.***





## OPEN YOUR HEART

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and connection to the world.

# Finding Feelings

Notice where feelings  
live in your body

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*This is an activity for two people.*

- 1 Choose a friend or grown-up you trust. Sit together in a comfortable position. Take three soft, slow, **mindful breaths**.
- 2 One person is the speaker. The other is the listener. Speaker, notice how you feel and tell the listener. For example, say, "I am feeling happy." Or, "I am feeling angry."
- 3 Describe what your feelings are like inside. Do you notice a sensation in your head, tummy or chest? Is it tight, hot, cold, jittery or achy?
- 3 The listener listens with full attention but does not talk.
- 3 The speaker takes three more soft, slow, **mindful breaths** and checks to see if the feelings change after telling someone about them. Does your body feel different?
- 3 Now switch roles. At the end, thank each other for listening.



**Tip: Examples of feelings are happiness, sadness, anger, surprise, excitement and fear.**