

Mindfulness Activity Guide for Ages 4–10

1. Balloon Breathing

Imagine there's a balloon in your belly. Take a deep breath in to fill the balloon. Slowly breathe out to let the balloon shrink. Repeat 3–5 times.

- 1–2 minutes

2. Listening to the Bell

Ring a bell or chime. Ask children to listen closely and raise their hand when they no longer hear the sound. Repeat a few times.

- 1–2 minutes

3. Mindful Coloring

Provide coloring sheets and crayons. Encourage kids to notice the colors, how their hand moves, and how they feel while coloring.

- 5–10 minutes

4. Gratitude Circle

Sit in a circle. Invite each child to share one thing they're thankful for. It can be a person, object, or moment.

- 3–5 minutes

5. Body Scan

Guide children to gently close their eyes and notice how each part of their body feels, from toes to head. Keep it light and short.

- 3–5 minutes

6. Mindful Movement

Lead kids through slow stretches or animal poses (like cat, dog, frog). Ask them to notice how their bodies feel as they move.

- 5 minutes

7. Glitter Jar Calm-Down

Shake a glitter jar and watch the glitter settle. Talk about how the glitter is like our thoughts – they settle when we're calm and still.

- 2–3 minutes

8. Emotion Charades

Take turns acting out different emotions. Have others guess and discuss what those emotions feel like in the body.

- 5–7 minutes

Tip: Practice regularly and keep it fun. Kids learn mindfulness best through play and routine.