



Mindfulness Breathing Resources

Mindful breathing has several benefits for children, including

- Developing self-regulation skills
- Enhancing their ability to manage emotions.
- Reducing stress
- Improving focus and attention span
- Promoting a positive mindset

Why Teach Mindfulness to Children?

When we teach mindfulness to kids, we give them the tools they need to build confidence, cope with stress, and relate to challenging moments.

Mindfulness Practice Note:

Mindfulness is a state of mind, rather than a particular action or exercise. These techniques are designed to help you practice, offer an area where children can use breathing techniques to help support their thoughts, feelings, and sensations.

All it takes is pre-planning and a little role playing.

- Having the child choose a mindful strategy that is fun, simple, and engaging.
- Teach techniques ahead of time while they are already calm and attentive.
- Talk about a few scenarios of big problems, little problems.
- Practice the technique together.
- Can choose a reminder word like “Let’s breathe” or “All children have feelings”, this will be different for every child. It is just a way to give verbal and visual cues.
- Not all children need to practice together.
- Give materials and have the child make their own Mindful Breathing technique.

VISION: Responsive, accessible, and inclusive child care for all

MISSION: Excellence in early learning and child care

VALUES: Collaboration is the key, Equity and Belonging always, Excellence begins with us, Respect and integrity are essential & Trusting relationships connect us

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