

15 Mindfulness Activities for Kids

1



Read a children's mindfulness box

2



Do the pebble meditation

3



Do a guided kids' meditation

4



Help them name their emotions

5



Mindful hand washing

6



Practice self-compassion

7



Mindful music listening

8



Learn from animals

9



Yawn and stretch

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15 Mindfulness Activities for Kids

10



Go barefoot

11



**Walking meditation
for kids**

12



**Create a
sensory experience**

13



Do the raisin exercise

14



**Try alternate
nostril breathing**

15



Practice yoga

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