

## When children practice mindfulness...

A quick reference guide - what to expect

They keep opening their eyes....or find it difficult to close them at all



They hummm little tunes

Discourage this by reminding the child that we are trying to practice silently



Children need to WANT to practice mindfulness! Let's facilitate with an attitude of curiosity!

Ask "CAN WE DO IT AGAIN?!"



They wiggle in their seats

Moan that they are BORED



Ask non-judgementally "what does it feel like to be bored?" ...."interesting, thank you for sharing"

Watch our video: [How to lead an enquiry with the children](#)



Encourage the children to try the practices in their own time and to show friends and family too

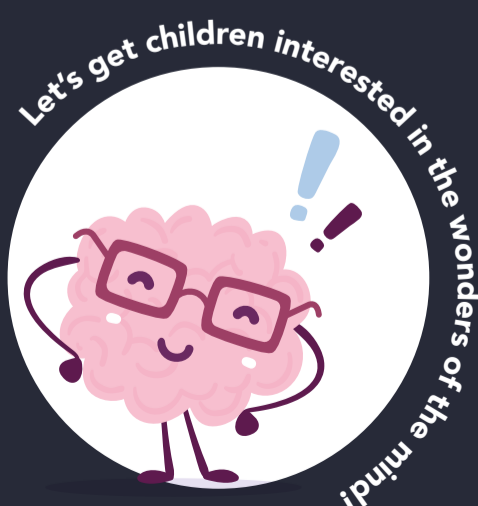
### We should encourage children to:

Respect others if they decide not to take part in a practice - by remaining quiet and sat in their chair (trying not to disturb those choosing to practice)

Try out different styles of practices to help them to cope with their emotions

Give mindfulness a go, there are lots of different types - they might find one style that helps them!

Tell their friends and family about mindfulness



### We are not trying:

- To use our breath to control behaviour
- To use our breath to suppress emotions
- To clear our minds of all thoughts

### We are trying:

- Our best
- To see things with a 'beginners' mind
- To be kind to ourselves and others