

Summer Mindfulness Activities for Kids

Mindfulness is paying kind and curious attention to what is happening right now

1 Check Your Daily Weather

What is the weather report on your emotions today?
Sunny, cloudy, rainy, breezy? Calm skies? Tornado warning?

This check in helps us understand that we can notice how we are feeling in the moment without overly identifying with our emotions. Whether it's rain, sun, or clouds, weather simply passes through. We can't change the weather outside, and, in this very moment, we can't magically transform how we are *feeling* into something else either.

What we *can* do, however, is choose how we respond to current conditions. If it's raining, we can grab an umbrella or change our plans. If our internal weather is stormy, we can do something that we know might make us feel better, or ask for help.



2 Make Outdoor Time Mindful with Your Senses

Take a minute to pause and notice what is around you. Focus on one particular sense – what can you see, smell, feel, hear, or taste?

You may feel the coolness of the breeze across your skin, smell sunscreen, hear a dog barking, or see waves wash in and out across the sand. If you're in a familiar location, does this place feel different in the summer compared to the rest of the year?

3 Create a Mindful Bedtime Ritual

A mindful bedtime routine helps kids wind down at the end of a busy summer day. Your mindful bedtime might include:



Reflecting on the Day

- What are three things you are thankful for today?
- What do you most want to remember about today?
- What was hard about today?
- Who did you help today? Who helped you today?

Practicing a Body Scan

- Invite your child to lie down and notice sensations in their body, slowly guiding them to pay attention to their feet (toes, soles, ankles), legs (calves, knees, thighs), lower back, upper back, stomach, arms, hands, neck, and face.
- End with a moment of gratitude for all the things their body did during the day.