

20 Simple Mindfulness Activities (ALL AGES)

Adapted from Parents with Confidence.com



1. Practice kind thoughts - think of 5 people you want to send kind wishes to. One at a time: breathe in deeply and “blow them your best wish” like you are blowing out birthday candles.
2. Bang on a pot/pan and invite a family member or two to signal to you when they no longer hear the sound ‘hanging’ the air
3. SLOW ‘bubble blow’ breath - taking a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible
4. Squeeze and let go, tensing different muscles in the body one at a time, count to 5 for each, then release. Do this on your own or ask a family member to join and do this as a Simon Says game.
5. Choose a family member sit facing chest to chest and feel each other’s heartbeats. Is one slower? One faster? Hop up and down and check again. Sit still and breathe deeply for a couple minutes and check again. What did you notice?
6. Have a ‘mindful’ snack by describing the smell, texture and taste of the food
7. Try this ‘Rainbow’ [guided meditation](#) to wind down at bedtime
8. Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels, put one on top of a sheet of paper to trace around it or under a sheet of paper to make a rubbing showing its texture.
9. Report your feelings like a ‘weather report.’ e.g. “I’m dark and cloudy with some raindrop tears coming out” or “I’m clear with some clouds but getting ready to storm” or “I’m sunny, warm, and still”
10. Lay down together and choose different objects to search for in the clouds
11. Take a mindful walk pointing out sights and sounds along the way.
12. Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet, hard vs. soft, warm vs. cool.
13. Have a snack in ‘slow motion.’ Notice and describe the tastes throughout.
14. Cook a meal while taking notice of each smell as you progress.
15. How do you feel? Now scan your body to notice and try to describe where the feeling is in your body and what it feels like. Watch in the future, where do you feel it when you feel sad, or mad, or excited about something new?
16. Try guiding a family member through a favorite imaginary place by describing it to them with their eyes closed. Trade off and let them guide you on an imaginary trip.
17. Try to ‘color your feelings’ on your own or with a family member. Try depicting each emotion with a new color.
18. “Press the pause button’ together during a tense (but not too tense) or happy moment and check in with how each of you is feeling at that moment. How is it similar? How is it different?
19. Listen to some music and see how many different instruments you can each hear
20. Challenge a family member to a gratitude contest. Go back and forth (for as long as you can!) naming as many things as possible that you are grateful for.