



topics: social and emotional learning, self-awareness, visual arts and performing arts, design process

grades: 3rd grade-5th grade

mindfulness + me activities for families

Did you know that a person's thoughts, feelings, and actions are inter-connected? During a National Children's Museum "Mindfulness and Me" 3rd-5th grade field trip experience, students practice being their best selves with self-regulation strategies and perform stories about choice and change.

Below is a list of hands-on activities covering topics ranging from meditation to puppet making that you can do at home with children.

STEAMwork read aloud + meditation

Listen to the story "I Am Human: A Book of Empathy" by Susan Verde and follow along with a guided meditation, practicing deep breathing and these kindness phrases "May I be healthy. May I be happy. May I be free from suffering. May I be filled with peace."

nationalchildrensmuseum.org/steamwork/i-am-human/

mindfulness exercises

Learn about the benefits of mindfulness exercises and practice these skills while doing everyday tasks such as eating, breathing, walking, and thinking at [Kidshealth.org](https://kidshealth.org).

write down your thoughts

Create a [mindfulness journal](#) and encourage children to keep track of their daily thoughts, feelings, and actions. A printer or purchase is not required. You can repurpose an old notebook or bind (tape) paper together. Add your own prompts and positive affirmations.

get up + play

Practice controlling your emotions and behavior with these [fun and simple games](#) including:

- red light, green light
- simon says
- hide + seek
- hand clapping games
- freeze dance

social-emotional activities:

Help children understand the difference between thoughts and feelings using a variety of CBT (cognitive behavioral therapy) activities, including sorting tasks and role playing.

Grown-ups learn how to model the kinds of skills, attitudes, and behaviors you want your children to master.

<https://casel.org/homes-and-communities/>

puppet making + put on a show

Design a puppet that reflects your best self, practice self-regulation strategies, and perform stories about choice and change.

- paper bag puppets
<https://www.projectsforpreschoolers.com/paper-bag-puppets/>
- sock puppets
<https://www.wikihow.com/Make-a-Sock-Puppet>
- popsicle stick puppets
<https://www.firstpalette.com/craft/family-stick-puppets.html>

sample stories

- You feel like everything you say is misunderstood and that no one understands you. How will you communicate what you are feeling to someone you trust?
Sample roles: You, best friend, family member.
- Staying at home can be hard. You can't always do what you want and you see the same people in the same space. A tiny frustration or inconvenience can escalate into a big argument quickly. What can you think, say or do to avoid the bigger conflict?
Sample roles: you, stay-at-home companions

need to know

educational activities support the following standards:

common core state standards

- CCSS.ELA-LITERACY.SL.5.5: Include multimedia components (e.g., graphics, sound) and visual displays in presentations when appropriate to enhance the development of main ideas or themes.
- CCSS.ELA-Literacy.SL.K.4/ CCSS.ELA-Literacy.SL.1.4: Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

what is mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

<https://kidshealth.org/en/kids/mindfulness.html>

Be the Pond by Cosmic Kids Zen Den

A kid-friendly video to help develop meta-cognition skills. Understanding that within one pond, there are many different fish within, each representing a different emotion. Every emotion is okay, let it move through the pond.

Watch [kids explain mindfulness](#) in their own words.

why do people need mindfulness?

Being mindful may help you:

- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more

<https://kidshealth.org/en/kids/mindfulness.html>