

Mindfulness

MINDFULNESS FOR CHILDREN & ADULTS



The goal of “mindfulness” is to turn one’s attention towards the present moment rather than the past or future. This helps us to be self-aware of our own thoughts without judgement. Here are 8 tips you and your child can try to help master this healthy practice.

1) Find the Right Space

Because mindfulness requires your attention, it is easiest to start practicing it in a place you feel you can focus. Visit your favorite room in your home, a preferred outdoor spot, or anywhere the sights, sounds, or smells bring you peace.

2) Start Simple

Many experts believe concentration on one’s own breathing or body sensations is the best way to introduce mindfulness. Others recommend meditation on a specific object or sound nearby. Choose a simple technique that fits in with your daily routine for the best results.

3) Welcome Thoughts

Most people think mindfulness requires them to empty their minds, but that doesn’t quite capture the real goal. Mindfulness is all about living in the present moment. In order to do so, accept your thoughts as they come to you, welcome them without judgment, and then redirect your attention to whatever activity or object your mindfulness practice centers on.

4) Practice Every Day

Mindfulness is not something you can achieve overnight. Much like any other activity, the more you try, the better your results. Dedicate time each day to work on it.

5) Make it Fun

Although mindfulness requires focus, you can make it fun. Practice while dancing, playing games or going on an outdoor adventure. Add sensory items like meditation stones or sand gardens for a hands-on approach.

6) Share it

Mindfulness has many physical, emotional, and mental benefits for both children and adults. Don’t keep the practice a secret, share it with those you love.

7) Time it Right

Most people who practice mindfulness want to be mindful as often as possible. But, for someone just starting the practice, it takes time to get there. To prevent burnout, keep your first mindfulness exercises to just a few minutes.

8) Be Gentle

We live in a fast-paced world, one that often encourages us to form habits contrary to mindfulness. Don’t be surprised if the practice doesn’t come to you easily at first. Be patient and kind with yourself and remember to encourage your child.