



# Mindfulness Games

Try these games with children to help them clear their minds and really focus on the present.

## Passing the Balloon



Put the children into teams. The aim of the game is to pass the balloon from either chin to chin or from knees to knees along the line. The children must try not to touch it with their hands (unless they drop it). The first team to pass it from the front of the line to the back again wins.

## Wind Roar



Take the children outside on a windy day. Ask the children to face into the wind, close their eyes and feel the wind on their faces. Explain that you are going to connect with the wind, nature and their feelings. You might want to warn them that you are going to roar into the wind as loudly as you can. Ask the children, without hurting their throats, to do the same. The children can link arms or hold hands for extra connection with each other. Discuss how the wind and the roaring made them feel and did any particular thoughts appear in their heads?

## Beanbag Juggle



With one beanbag, begin developing the skill to throw and catch with one hand. Once the children are comfortable with this, add a second beanbag and practise passing two beanbags to opposite hands at once. When the children are confident with this, add a third beanbag. The challenge is the timing. Each bag must be thrown one after another and before the next one is caught.

## Blowing Bubbles



This is a lovely way to slow everything down - even for older children. Children can become captivated by the bubbles very quickly. Encourage the children to look at the colours and the gentle, floating shapes of the bubbles. Ensure the children are taking deep breaths in and slow breaths out when blowing the bubbles.

## Feely Boxes



Place a selection of objects of various textures into a box which can then be closed. Cut a hole in the top so that a hand to reach in. This can be fun and exciting, such as slime, plastic spiders, sliced melon, etc. Have each child reach into the box and feel something without looking or taking it out. Have them describe it and guess what it is.

## Blindfolded Taste Testing



Choose a variety of vegetables, fruit, and dried fruit and give a child a piece of food. Ask the child to taste a vegetable or fruit, describe it using all of their senses. They will quickly become absorbed in the tasting and describing.