

Mindfulness

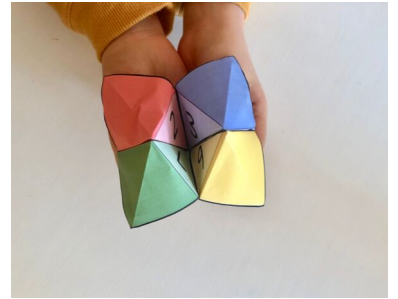


Chatterbox Challenge

PRACTICING MINDFULNESS HAS MANY BENEFIT FOR KIDS (AND ADULTS TOO!). IT HELPS TO STRENGTHEN THE AREA OF THE BRAIN RESPONSIBLE FOR PLANNING, LOGICAL THINKING AND DECISION MAKING. IT HELPS KIDS BUILD SELF CONFIDENCE AND RESILIENCE, AND IT CAN HELP WITH BIG EMOTIONS LIKE ANGER AND ANXIETY.

Instructions:

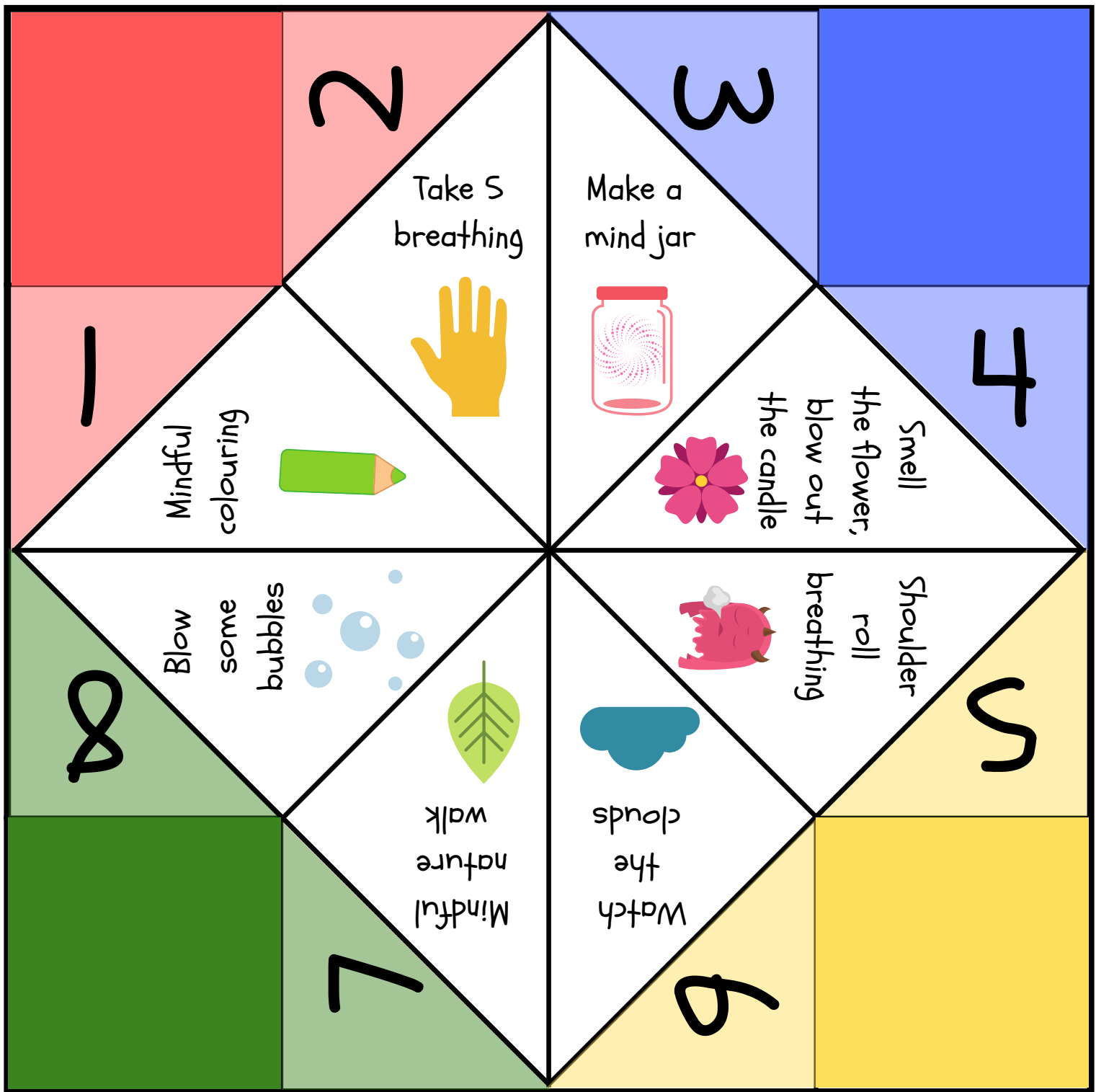
1. Print out the chatterbox on the next page and cut it out.
2. Fold it up! Forgotten how to fold one of these bad boys? I've got a video in my Instagram stories to help jog your memory. You'll find it in the "workbooks" highlight.
3. Head over to my Instagram page @mindfullittleminds and look at the #mindfulmoments hashtag for an explanation of each exercise in your chatterbox.
4. Your child can keep their chatterbox in their calm down space or in a special spot in their bedroom. Next time they feel overwhelmed by big feelings and need to calm down, refocus, or feel more grounded and connected to the present, they can use their chatterbox to choose a mindfulness activity to try.



Have fun with mindfulness!

Mindfulness can be fun for grown ups too! Be sure to get involved and complete these mindfulness activities along side your child. The best way to teach kids mindfulness, is to show them how it's done! And don't forget to tag me in your pics on linstagram so I can feature you in my feed! Use the hashtag #mindfullittleminds.

Tag @mindfullittleminds on Instagram and use the hashtag #mindfullittleminds - I'll be sharing your pics all month!



What's my name?

I've always called these "chatterboxes", but I've also heard them called "fortune tellers", or "cootie catchers". What do you call them?

Well, whatever you call them in your part of the world, they're lots of fun, right? Cut it out, fold it up and keep it somewhere safe. Next time you need some time to calm down, use your chatterbox to help you pick a fun mindfulness activity! And then have some mindful fun!!