

## Breathing and Mindfulness Activities

Kids often need help with transitions, especially during a stressful time like a pandemic. Ending a session with a breathing/mindful moment helps kids transition from your special time together back into the rest of their day.

- **Baking Cookies** - take turns describing and acting out what you're putting in an imaginary batch of cookies (can be real or silly, "I'm putting sunshine in my cookies!") Everyone silently acts out following the person's turn, including putting cookies in oven and pulling them out when the person says "Ding, they're ready!" Everyone smells the cookies with a deep breath in and out, "Mmmmm!" Repeat so each person can describe their special batch of cookies. Littles loved this and often took a while to put every candy they could think of in their cookies, so give a little time for this one!
- **Dragon Breath** - short and enervating. "What do dragons breathe out?" Kids should answer, "Fire!" but it's ok if they don't, whatever they say just prompt, "and fire too!" Breathe in then open your mouth and throat wide like breathing fire. It should make a warm sensation in the back of your mouth/throat and make a cool sound. Do several of these together. There's some super cool ancient yoga stuff this comes from, but this is the fun short kid's version!
- **Volcano Breath** - breathe in drawing your hands (palms touching) up in front of the center line of your body, then when your hands are above your head explode your hands out and breathe out with a big "bwhoosh" of air as your hands/arms arc down. Bring back to center, repeat.
- **Rainbow Breath** - "What are the colors of the rainbow?" Kids are usually able to name them, can prompt. Then instruct to close eyes and breathe in imagining red light flooding into the body with the inhale and out of the body with the exhale. Repeat for each of the colors. Go moderately slow or else it's easy to get lightheaded with this one!