

20 Top Tips to bring mindfulness into your classroom



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Understand Child Development:

Familiarise yourself with child development stages to tailor mindfulness practices to the appropriate age group.

Personal Practice:

Cultivate your own mindfulness practice to serve as a model for your students.



Create a Safe Space:

Design a calming and comfortable classroom environment where kids feel secure.

Start with Short Sessions:

Keep initial mindfulness sessions short and gradually extend them as kids become more comfortable.

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Use Age-Appropriate Language:

Communicate in a way that kids can understand, avoiding complex terminology.

Engage the Senses:

Incorporate sensory experiences like sight, sound, touch, taste, and smell in your mindfulness exercises.



Guided Imagery:

Use storytelling and guided imagery to make mindfulness relatable and fun for kids.



Breath Awareness:

Teach deep breathing exercises, such as “balloon breath” or “star breath” to help children manage their emotions.

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Mindful Eating:

Have activities where kids mindfully savor a piece of fruit, a snack, or a meal.

Mindful Movements:

Incorporate simple yoga poses and movements that encourage body awareness and focus.



Emotion Exploration:

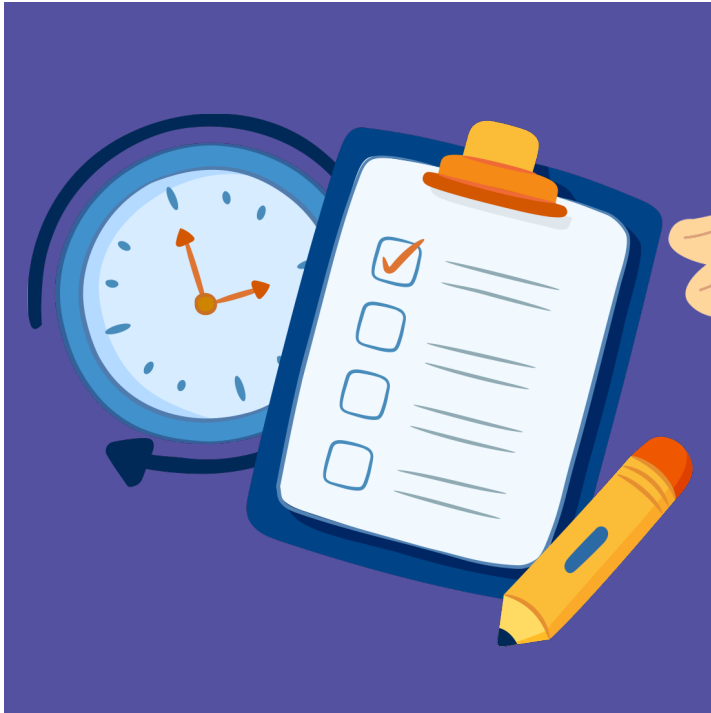
Create a space for children to talk about their feelings and how mindfulness can help manage them.

Mindfulness Games:

Utilise games like “mindful Simon says” “mindful coloring” or “mindful listening” to make the practice enjoyable.

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Consistency:

Establish a routine for mindfulness practice, so kids come to expect it as part of their day.



Encourage Questions:

Be open to questions and discussions about mindfulness, ensuring kids feel heard and valued.



Mindful Language:

Promote positive and compassionate communication in the classroom, emphasizing kindness and empathy.



Parent Involvement:

Engage parents by providing resources or holding mindfulness workshops to extend the practice beyond the classroom.

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Mindful Art:

Encourage creative expression through art, allowing kids to draw or paint their feelings and experiences.



Gratitude Practice:

Teach children the importance of gratitude by keeping gratitude journals or discussing things they're thankful for.



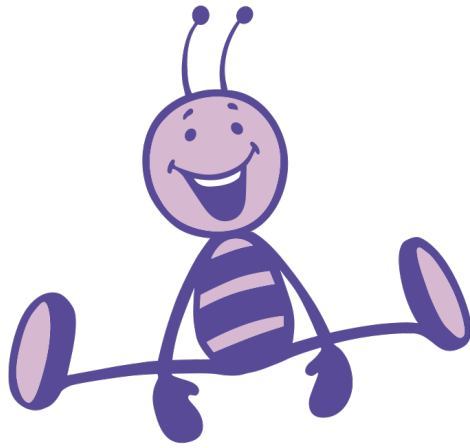
Mindful Movement Breaks:

Incorporate short mindfulness exercises into the school day, such as "breath breaks" or "mindful stretches"



Mindful Music:

Use soothing music or singing bowls to help children focus and relax during mindfulness sessions.



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