

Masked in Mindfulness

As we wrap up **Children's Mental Health Week**, we invite you to take a moment to focus on the power of mindfulness with **Masked in Mindfulness**. Practicing mindful breathing is a simple yet powerful way to help your child (and yourself!) feel calm, focused, and in control of emotions.

Mindful Breathing Exercise

Follow these easy steps to guide your child through a mindful breathing exercise.

- **Step 1:** Find a Comfortable Spot - Sit or lie down in a quiet space where your child feels safe and relaxed.
- **Step 2:** Choose a Breathing Buddy (For Younger Kids) - Have your child place a stuffed animal on their belly. Watching it rise and fall as they breathe will help them focus on their breath in a fun and engaging way.
- **Step 3:** Take a Deep Breath In - Encourage your child to breathe in slowly through their nose for a count of four. Imagine filling their belly like a balloon.
- **Step 4:** Hold the Breath - Ask them to gently hold their breath for a count of three. This small pause helps with focus and control.
- **Step 5:** Breathe Out Slowly - Have them exhale slowly through their mouth for a count of six, watching their belly (or breathing buddy) fall. Imagine blowing out a candle or sending away a floating cloud.
- **Step 6:** Repeat and Relax - Repeat this process 5–10 times, encouraging them to feel the calming effect of each breath.
- **Bonus Tip:** Try Different Breathing Styles to change things up!

On the next page, you'll find Breathing Cards with different breathing techniques. Feel free to copy, cut out, and use them anytime your child needs a mindful moment. These exercises can be a great tool for helping kids regulate their emotions and stay present in the moment.

For more downloadable activity sheets,
please visit <https://pathstonementalhealth.ca/cmhaw>



Blow Out the Candles

Spread your palm out in front of you. Pretend each finger is a birthday candle.

Inhale a deep breath and with a slow exhale, blow out the birthday candles one by one – slowly lowering one finger down at a time while you exhale.

Repeat on the other hand.



Bumble Bee Breath

Imagine you are a buzzing bumble bee.

Inhale a deep breath in through the nose.

With a slow exhale, hum or buzz like a bee. Cup your palms around your ears to amplify the comforting sound and vibration.

Repeat.



Breathe Upon a Star

Spread your palm out like a star.

Trace the outline of your hand with the index finger (pointer finger) on your other hand.

Inhale, trace up from the tip of your wrist to the tip of your thumb.

Exhale, trace down the other side of your thumb.

Repeat – tracing up as you inhale, tracing down as you exhale.

Then repeat on the other hand.



Follow the Bead

Imagine a bead on a string. What color is it? What is it made of? What shape is it?

Now imagine the string. What color is it? What is it made of? The string now begins to make a shape – any shape. What shape is it?

As you inhale, watch the bead move along the string and as you exhale, follow the bead back to where it began.

Repeat.

