

How to help my child be more mindful

Like Theraplay, Mindfulness Training impacts on the neurological development of the brain and leads to structural changes in the brain that develop and enhance the qualities of:

- kindness
- patience
- compassion
- attunement to others
- increases executive function
- better impulse control
- longer attention spans

It has been shown effective in treating illness, anxiety, stress, and depression.

There are several ways to help children with mindfulness, and some great resources on the internet. In Theraplay we use several games that will help with different types of mindfulness to help your child concentrate and learn to breath, here are just three breathing games that you could try at home

5 finger breathing exercise

- hold hand up and trace one hand with the finger of the other
- go up and down each finger
- breathe in and out as you go up and down
- you can model deeper breathing and the child will unwittingly join with you

Feather blowing

- pass the feather around the circle/back and forth
- the goal = deep breathes in the nose and out of the mouth

Windmills

- easy and engaging breathing

- you can get harder/bigger windmills as a challenge for teenagers to get to go around