

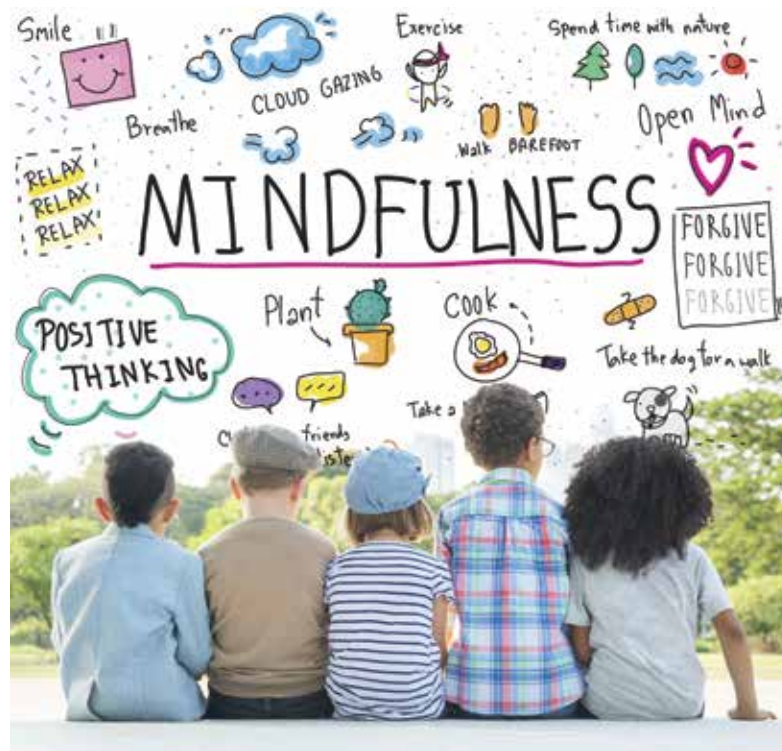
MISSION: Healthy Kids

Teaching Kids Mindfulness

Mindfulness means paying full attention to something, taking your time to really notice what you're doing, and living in the present moment. Mindfulness is a form of meditation that offers well-documented health benefits.

In today's busy world, kids of all ages need opportunities where they can take time out each day to unplug, calm down and focus. The simple act of teaching children how to stop, relax, and breathe could be one of the greatest gifts we can give them. The American Academy of Pediatrics encourages parents to share meditation and mindfulness skills with their children—and encourages teachers to incorporate mindfulness training into their lesson plans.

When kids practice mindfulness, they become better at being mindful when they need it in their everyday life. This can help kids feel calmer when they are stressed, and more focused when they have to do something difficult or complicated.



MINDFULNESS CAN HELP KIDS:

- Pay attention better
- Be less distracted
- Learn more
- Stay calm under stress
- Avoid getting upset too easily
- Slow down instead of rush
- Listen better to others
- Be more patient
- Get along better
- Gain self-control
- Complete tasks
- Feel happier and enjoy things more



There are many ways to teach children practices of meditation and mindfulness, including: books, audio recordings, videos, online training, websites, and more. Take 5ive Mindfulness, a free resource offered through Children's Hospital of Wisconsin's E-Learning program, is a series of videos that offer guided exercises to develop mindfulness. Visit missionhealthykids.org to get started.

missionhealthykids.org

Mission: Healthy Kids raises awareness about the impact of nutrition, physical activity and mindfulness on kids' physical development, ability to learn and emotional well-being. It promotes policy, systems, and environmental changes in Wisconsin schools that improve health, and it offers resources for students, parents and educators to help kids eat right and stay active.

A partnership of



Kids deserve the best.