

# Mindful Moment Challenge Cards

## Mindfulness in ECE

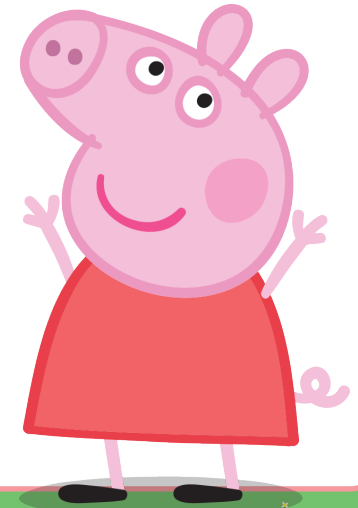


Save the Children

### Mindful Moment Challenge Cards

#### Tummy Breathing

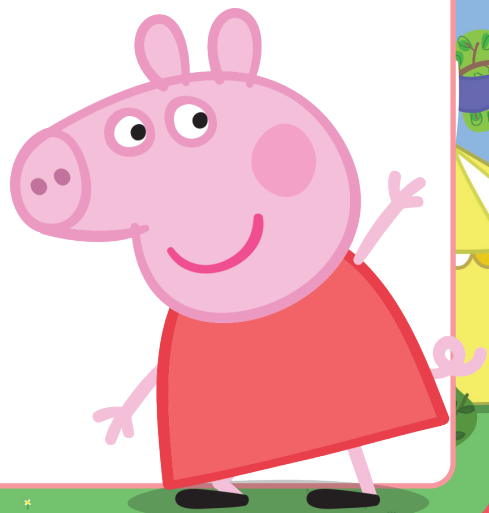
Lie on your back, bring your knees up so your feet are flat on the floor, and put your hands on your tummy. Take five deep breaths. Feel your tummy going up and down with each breath.



### Mindful Moment Challenge Cards

#### Warm Hugs

Sometimes, a hug is all we need. Find a friend who is okay with having a hug, and give them a 10-second-long hug.



### Mindful Moment Challenge Cards

#### Sensory Grounding

Be still and breathe deeply. Notice:

- five things you can see right now
- four things you can hear right now
- three things you can touch or feel
- two things you can smell
- one thing you can taste

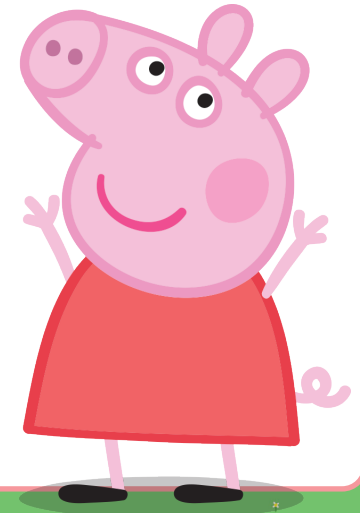


**Texture Hunters**

What can your hands feel right now? Something soft? Hard? Smooth? Rough? Notice how it feels.

**Gratitude Attitude**

Press pause on being busy for a moment. What is one thing you are thankful for right now? A good friend? A sunny day? Kind teachers? Take a deep breath and enjoy being thankful.

**Mindful Snacks**

Before you eat your snack, notice how it feels in your hands. Does it have a wrapper or a skin? How does that feel? Open it or peel the skin slowly and notice what it sounds and feels like. Now take a bite. How does it feel in your mouth? How does it taste? Notice all the flavours and how it feels before you swallow it. Can you feel it moving all the way down to your tummy?

**Feel the Grass**

Take your shoes and socks off and go and stand on the grass. Notice how it feels under your feet and between your toes. What can you hear? What can you see? What can you smell?



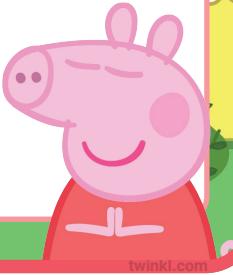
## Box Breathing

Imagine a square. We are going to use the square to do some deep breathing. Each side of the square is four counts and is a different part of breathing mindfully. On the up, we breathe in for four counts. Across the top, we hold our breath for four counts. Back down the other side, we breathe out for four counts. Across the bottom, we hold our breath for four counts. Then, we repeat the process a few times to calm down our breathing.



## Kind Heart

1. Put your hand on your heart.
2. Take a few deep breaths in and out.
3. As you breathe in, imagine the breath going to your hand on your heart, and in your brain say something kind to yourself, like "I am kind," "I am a good friend," "I am loved," or "I am important."



## Here Comes the Sun

Find a patch of sunshine to sit in. Close your eyes and notice what parts of your body the sun is warming up. Where can you feel the sun's warmth? The sun also helps flowers grow – can you imagine it helping you grow, like a flower?

Sunshine makes a lot of people happy. Can you feel its warmth spreading through you, making you feel happy?

