



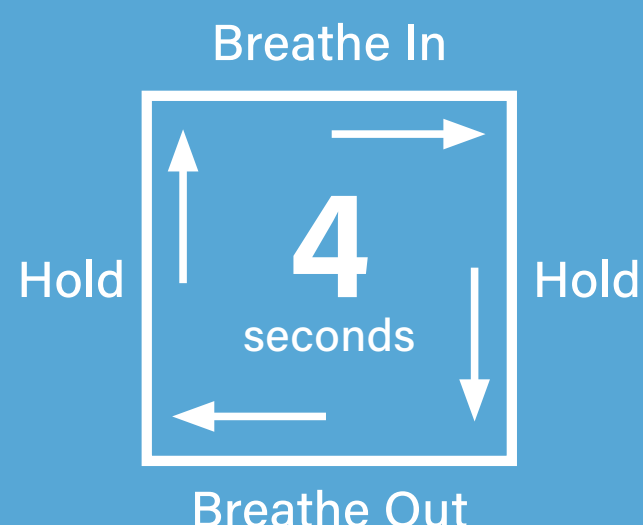
MINDFULNESS AND MOVEMENT

IDEAL AGE: 3+

Learn about mindfulness and how to include meditation in your everyday schedule with this storytime and exercise from our friends at [The Culture Tree](#).

MATERIALS

- Computer, tablet, or phone to watch the video



LEARN TOGETHER

Practicing mindfulness helps kids and adults learn to regulate their emotions, calm their bodies, and feel relaxed.



MOVE TOGETHER

Mindfulness means noticing what is happening right now, how your body feels, and moves, what you see, smell, and taste. Practice mindfulness with this storytime and exercise.

Mindfulness Storytime

Meet the author Rashmi Bismark and her daughters as she reads her book, [Finding Om](#).

Join Anu, an American girl of Indian and African descent who explores the mantra Om with her grandfather Appuppa, as she uncovers the benefits of mindfulness.

Mindfulness Exercise: Create a Breathing Square

- 1 In your mind imagine a square with equal sides. One side is to visualize “breathe in”, the next is to “hold”, the next is to “breathe out” and the last side is to “hold”. Draw your own square or use our breathing square.
- 2 Find a quiet space. Sit upright and relaxed, with your hands resting on your knees. Remove all distractions.
- 3 With your eyes follow along the square and move clockwise starting at the side where you “breathe in”.
- 4 Breathe in for a count of four and hold the breath for a count of four. Then breathe out for a count of four. Wait for a count of four before breathing again.
- 5 Repeat the whole process 4 times.

What are other ways you like to relax your mind?

For more fun activities,
please go to cmom.org/resources

