



Institute of
Child Psychology

MINDFULNESS MATTERS

**AN INTRODUCTION TO MINDFULNESS
FOR FAMILIES**

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Lesson One: Introduction

Introduction to the concept of Mindfulness and it’s ability to literally re-wire the brain and play an important role in healthy everyday living. Mindful families share many positive traits and enjoy deeper loving connections.

Mindfulness is: _____

Children can benefit from mindfulness in many ways including:

Lesson Two - Modeling Mindfulness

Overview on the importance of modeling mindfulness to the child, by cultivating a personal daily practice. This lesson outlines the importance of demonstrating the behaviour you wish you see in your child and how much children learn by watching our actions, more so than listening to our words.

What is planning for the “Pause” and why is it important?

Types of daily mindfulness practices for parents are:

My favorite three practices that I can commit to incorporating on a daily basis are:

1. _____
2. _____
3. _____

Lesson Three - Mindfulness For Kids

Lesson three introduces you to mindfulness for kids, including what to expect when introducing these tools to your child.

Specific to my own child(ren) what should I remember to expect based on their particular ages/stages of development:

Based on my own child(ren)'s unique personality and interests, the types of activities they might enjoy are:

What are the three most important components of a Mindful Corner?

1. _____
2. _____
3. _____

Lesson Four - Mindful Breathing

Based on the options, the types of Breathing Techniques my child(ren) would enjoy the most are:

Breathing Technique	Props or Tools to Provide

Lesson Five - Mindful Movement

Mindful Movement can help my child to: _____

Based on the options, the types of Mindful Movement Exercises my child(ren) would enjoy the most are:

Mindful Movement Technique	Props or Tools to Provide

Lesson Six - Mindful Activities

Mindful Activities include:

Based on the options, the types of Mindful Activities my child(ren) would enjoy the most are:

Mindful Activity	Props or Tools to Provide

Lesson Seven - Resources & Conclusion

Resources that will support my family to access mindfulness on a daily basis include:

Mindfulness Matters because:
