



Mindfulness: Candle

Mindfulness practices increase attention, focus, patience, feelings of calmness, and limit emotional reactivity. Practice mindfulness exercises that can help children increase their awareness and control.

Dim the lights and invite children to lay on their stomachs (in sphinx pose) and face either a slow color-changing light, flashlight, flameless tea light candle or a real candle.

Tell children that you will time them to see if they can watch the candle or light for 10 seconds. Prompt children to “breathe in...breathe out,” over the 10 seconds.

Challenge them to hold their gaze for longer each time you do the activity.

Even though you are timing them, make sure it stays calm and focused rather than a rowdy game.