

# Courage's Mindfulness Activities



Mindfulness activities helped Courage reduce stress and anxiety. Try Some at home

**Birthday Candle Breaths** - Hold out your fingers and pretend they are candles on a birthday cake. Then, take a deep breath and slowly blow out each "candle."



**Starfish Breaths** – Hold out one hand, palm out, with your fingers spread like a starfish. With the index finger of your other hand, trace the outline of the starfish, breathing slowly in as you trace up a finger, and out as you trace down.



**Rocket Breaths** – Press your hands together over your heart and countdown to five while you slowly inhale. When you get to five, blast off by exhaling and reaching your arms straight up. When you finish, circle your arms back down and repeat.



**Find your happy place** - Think of a place where you love to go. It could be the beach, a favorite park, or a beautiful garden. Now, close your eyes and imagine you are there. Think about all the things you might see, hear, smell and feel.



## More activities for staying calm

**Blow bubbles** through a hula hoop!



**Play the 4, 3, 2, 1 color game:** Pick 4 colors. Find 4 items of the same color in a room and say them out loud. Then find 3 items of another color and say them out loud. Do the same with two colors, and finally one color.



**Enjoy a quiet activity:** Spend some time alone listening to your favorite music. Get out your art supplies and try drawing or painting.



**Kids yoga:** Stretch out your feelings! Try out kids' yoga videos like these surf & swim poses <https://youtu.be/XLIXfjUztco> and "The Lion Sleeps Tonight" <https://youtu.be/XLIXfjUztco> from Bari Koral



**Meditation:** Listen to meditation and sleep stories on You Tube, like these relaxing beach-themed stories. <https://youtu.be/9hbSsuss3YA>





## How to Make a Glitter Jar



The glitter jar represents the mind settling. Making a glitter jar is a great activity, and, once it's finished, kids can keep coming back to the jar as a mindfulness practice. You can be as creative as you want. We used water, glitter, and a mason jar, but you can find other recipes online that include food coloring and dish soap! Please take pictures and share them with us on Facebook by tagging @cocaberks!



### Supplies

1 mason jar

Glitter in 2 different sizes and colors

Clear glue

Something to stir with

Superglue if you want to glue on the mason jar cap



### Steps

1. Boil enough water to fill your mason jar,
2. Pour the water into the jar, leaving about an inch from the top empty. (Be careful, it's going to be HOT, so use oven mitts if needed!)
3. Pour in 2 - 3 tablespoons of clear glue and stir until you can no longer see the glue. The more glue you add, the slower the glitter will settle.
4. Allow the water to cool until it is lukewarm.
5. Pour in about a tablespoon of the smaller glitter and stir.
6. Now add the larger glitter and stir again. You will want to use about 3 - 4 tablespoons of glitter all together.
7. Screw the cap on tightly and shake it up. If you aren't seeing enough glitter, take off the cap and add more!
8. You can also add 1-2 drops of food coloring to the water.
9. Once you're happy with the amount of glitter, you can superglue the mason jar cap on to prevent leakage.

