



7 MINDFUL GAMES FOR KIDS

WOLF AND WHIMSY KIDS

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Toe-gA

This game helps kids with their balance, coordination, dexterity, and concentration. It is a lot of fun and the kids love it because they see it as a challenge!

Spread out some cotton craft balls (or any item of your choosing) and have the kids attempt to pick up the cotton craft balls with their toes, hopping on one foot back to their spot (I use yoga mats as their designated spot).

This game is also a good way to teach kids how to manage their emotions as it can be frustrating when you cannot pick up the cotton craft balls with your toes. When kids get frustrated, ask them to pause, take a couple breaths, and try again.



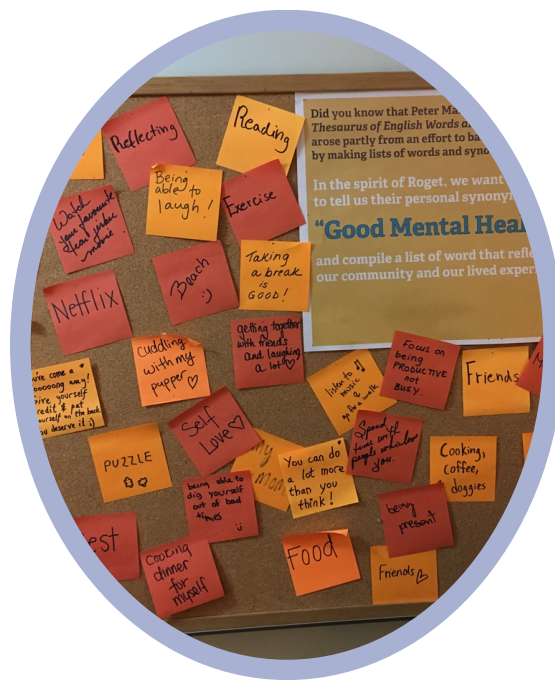
MINDFUL SHARING BOARDS

This particular board shown asked kids about self-care. Kids were asked to write what self-care means to them, a word that made them think about/relate to self-care, something that they did for their own self-care, or advice for others. I got some really great answers, and it was a lot of fun!

You can use boards like these for virtually any topic. Be creative! Have kids fill a board on what math problems they struggle with most or what their favourite word was that they learned that day in English class.

Another great example of this is asking kids who have just transitioned from middle school to high school what their biggest fear of transitioning was or what they expect of high school.

Mindfulness boards are a great tool for helping kids to identify their emotions and thoughts, while also knowing that others are feeling the same way! These boards are also a great way for kids to express themselves without necessarily drawing attention to themselves, as speaking aloud may be uncomfortable for some kids.



Affirmation Tree

Place a large tree with branches on the wall in the classroom and have kids write a goal or a positive affirmation for themselves or someone else on a cut-out leaf to place on the tree.

This is a great way for kids to express themselves freely, as well as a good way for kids to recognize positive affirmations, thoughts, and feelings by reading what other kids wrote.

A tree such as this can also be done for goal-setting in the classroom or giving out classroom/home responsibilities. The tree shown here is an individual Affirmation Tree, which is also an option if you cannot make a large one for the wall.



PARTNER MINDFULNESS

Although mindfulness is typically an individual activity, practicing with a partner can help to improve relationships between kids by building conflict-resolution skills and empathy.

- **Mirroring Partner Mindfulness:** Have kids sit or stand facing one another, with one mimicking the actions of the other. You can also do this activity with a group, where everyone takes turns being the demonstrator and the others mirror their actions.

This activity does not involve touch, but instead kids are meant to become attune to one another's actions in an intuitive way. Have kids put their hands up, palms facing one another's. Kids move their hands slowly and simultaneously, round and round, up and down, or in whatever movement feels natural. As one child makes the movements, the other will use their senses to determine the direction of the movements and mirror the actions of their partner. This activity promotes attention, self-awareness, awareness of others, and coordination, as well as demonstrates intuition.

- **Partner Breathing:** Have kids sit back to back and monitor one another's breathing. We naturally mimic the breathing of those physically close to us—when those close to us are stressed and breathing quickly, we breathe quickly and when those close to us are relaxed and happy, breathing naturally and slowly, we breathe naturally and slowly. This activity promotes recognition of others' feelings (by recognizing breathing patterns), builds positive relationships by providing support for one another in breathing exercises, and creates a sense of peace and calm within the mind and body, for both kids.

kindness web

This is a great game for kids to learn to say nice things to one another.

It is easy for us to point out someone's flaws or tell them when they are annoying us. But we often forget to say when someone has made us happy or when we appreciate something they have done. It's not that we overlook the nice things that people do, it's just that we often do not respond to them.

Standing in a circle with your group, hold the end of a ball of yarn and say something nice to someone. This can be telling them something you appreciate, something you like about them, or something as simple as "I like your t-shirt".

As you make your statement, pass then the ball of yarn while continuing to hold the end of the string.

Have the next person hold on the strand of yarn and, as they say something nice to the next person, pass the ball of yarn to the next person.

Continue like this until everyone has had a turn.

When you are done, you will have made a crazy web of kindness!

MINDFUL JENGA

Grab yourself a Jenga game!

My particular Jenga game is two games in one, but you do not have to create or play your game that way.

One side of the block has a mindfulness statement/question such as "You see someone slip and fall" or "You see someone who did really well on their project at school". The other side of the Jenga block has yoga poses.

Mindfulness: Stack the pieces like you would a Jenga game. When the kids choose a block, they read the statement and tell the group how they would act and how they would feel in that particular situation. Then they stack the piece on the top of the tower as you normally would in a Jenga game.

Yoga: As the kids choose a block, they have to teach the yoga pose to the other kids, so everyone practices together! Then they stack the piece on the top of the tower as you normally would in a Jenga game.

This game is great because it teaches patience, critical thinking, and kindness, as well as improves concentration and dexterity.



WOLF AND WHIMSY KIDS

Wolf and Whimsy Kids is a mindful kids brand for curiosity, joy, confidence, and creativity!

We do this through mindful breathing, journaling, creativity, guided imagery, yoga, and more!

At Wolf and Whimsy Kids the goal is simple: **empower kids and activate their magic...one book at a time.**

Words are the magic that we hold within; magic I truly believe every child should hold on to.

Wolf and Whimsy Kids started with my love for writing. When I was a kid I carried around a journal with vibrant colours and a picture of Tweety Bird on the cover. I wrote songs, stories, and poems. Mostly for myself but also for my friends and family. My mom would even have my poems published in the local newspaper.

Reading, writing, journaling, and creativity have been the things that have helped me transform my life. They have been the things that have helped me share my magic with others. Now, I share my spark with kids as a reminder:

YOU ARE MADE OF MAGIC! ✨



ALSO AVAILABLE FROM WOLF AND WHIMSY KIDS:



ROOOAARRR! Like A Dragon - A Mindful Breathing Book for Kids



It's A Wonderful, Whimsical World of Writing - Journal for Kids, with available matching Grown Up Edition



It's A Wonderful, Whimsical World of Writing - Journal for Toddlers, with available matching Grown Up Edition



Free Resources at www.wolfandwhimsykids.com

