MINDFUL ACTIVITIES FOR THE CLASSROOM
WOLF AND WHIMSY KIDS

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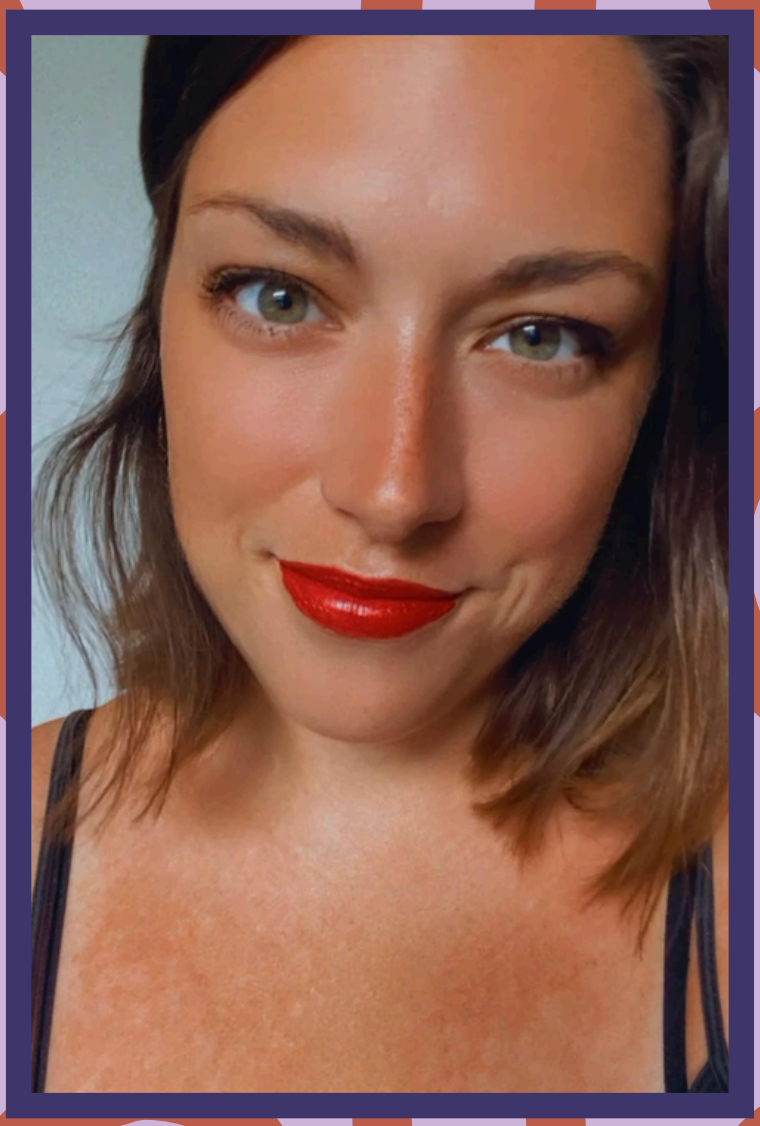
Requests to the author and publisher for permission should be addressed to Mae at Wolf and Whimsy Kids {wolfandwhimsykids@gmail.com}.

hello



hello

hey, i'm mae!
and i'm so excited you're here!

My days as a Kinder & Elementary school teacher taught me a lot about how much our kids benefit from mindfulness. I've personally seen the transformation, the social-emotional skills & wellbeing skyrocket, and moments of pause before being present.

I've seen kids grow up to be confident, compassionate, caring people... *people this world so desperately needs more of.*

Wolf & Whimsy Kids started in 2017 when I began creating mindfulness resources while I was completing my Master's degree in Educational Psychology at McGill University.

Since then, I've self-published multiple books and have had my work published in some of the world's most sought-after kids yoga teacher trainings, including Cosmic Kids and Kids Yoga Stories.

And I'm just getting started.

I've heard from people all over the world just how much they have loved introducing the practice of mindfulness in their homes and classrooms. Whether it's through yoga, guided imagery, journaling, mindful games, or something else, the impact mindfulness practices have on our mind, body, and soul is unmatched.

Mindfulness in the Classroom

Practicing mindful activities and breathing exercises in the classroom is a powerful way to create a calm, focused, and emotionally balanced learning environment. Mindfulness activities and breathing exercises provide students with the tools they need to manage stress, improve concentration, and develop emotional awareness. When students learn how to pause, breathe, and tune into their thoughts and feelings, they become better equipped to handle challenges, regulate their emotions, and engage more fully in learning.

Simple practices like deep breathing, guided imagery, and grounding exercises can be easily integrated into the school day. These activities are especially helpful during transitions, brain breaks, or moments of heightened energy or stress. For example, starting the day with a breathing exercise can help students feel centered and ready to learn, while a short mindfulness activity after recess can help them refocus and settle back into the classroom routine.

Mindfulness also encourages emotional connection and self-awareness. When students understand how to notice and name their emotions, they're more likely to respond thoughtfully rather than react impulsively. Group mindfulness activities, like a body scan or a mindful listening exercise, can also strengthen social bonds and create a sense of community within the classroom.

By consistently incorporating mindfulness into the daily routine, educators can create a more peaceful and supportive classroom environment. Over time, students will develop lifelong skills in emotional regulation, focus, and stress management - skills that will serve them well both inside and outside the classroom.

MINDFUL ACTIVITIES FOR THE CLASSROOM
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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.

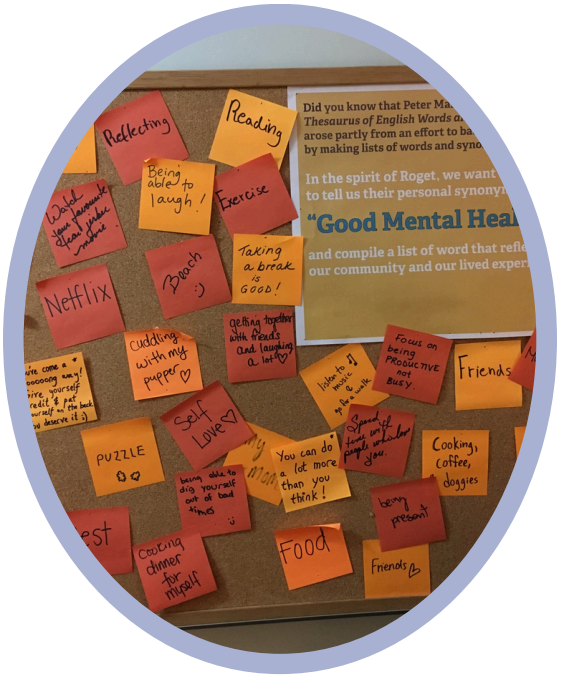
Mindful Sharing Boards

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!

Boat Ball

Sitting in a circle, ask kids to come into boat yoga pose. Place a ball between your ankles and pass the ball from one person to the next, using only your ankles and feet! And you must remain sitting in boat pose!

This game is a lot of fun and great for strengthening the core, concentration, persistence, and balance.

You can also try playing this game in cat/cow yoga pose! Coming onto your hands and knees, place the ball between your ankles, “swing your tail around”, and pass it from one person to the next using only your ankles and feet.

This is a great alternative to boat pose because it teaches kids about perspective and the different ways we can see and do things.

2 ways to sit in boat pose

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.

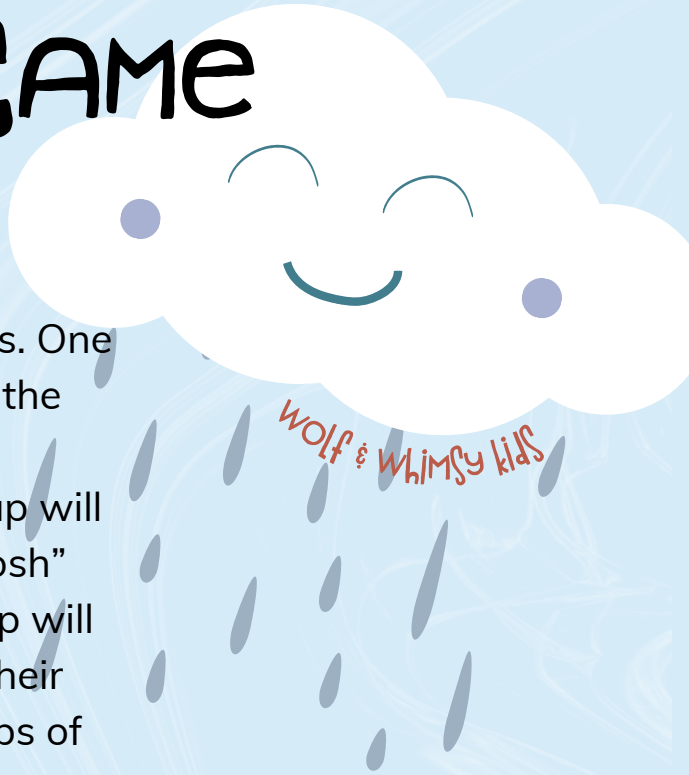
One side of the block has a mindfulness statement/question such as “You see someone slip and fall” or “You see someone who did really well on their project at school”. The other side of the Jenga block has yoga poses.

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.

The rain Game



This game requires multiple people.

Divide your group into three smaller groups. One group will be the “Rain”, one group will be the “Thunder”, and the last group will be the “Lightning”. When prompted, the rain group will make the sound of rain by making a “swoosh” sound with their mouths, the thunder group will create the sound of thunder by stomping their feet, and the lightning group will make claps of lightning by clapping their hands.

Ask the rain group to start. After a few seconds, ask the lightning group to join in. After a few more seconds, ask the thunder group to join.

Your space is going to get very loud very quickly.

When you are ready, yell “THE STORM IS OVER!” and the kids completely stop making noise, filling the room with a sudden silence.

Ask the kids how they felt when the silence filled the room. A common response is “Like I was floating” or “I felt light and free”.

MINDFUL BREATHING EXERCISES
WOLFAND WHIMSY KIDS

Ujjayi Breathing

Ujjayi breathing is a breathing technique also known as Ocean Breathing. This is a great breathing technique for relaxing muscles and slowing heart rate, creating a sense of calm and peace within the mind and body.

How to Practice:
Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat.

Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly.

After practicing Ujjayi breathing, take a few deep, slow natural breaths to cement the breathing practice.

Breathe like a lion

Imagine you are a lion. Big and strong. You sit up nice and tall to show that you are the mighty one.

Take a biiiiig breath in...
1...2...3...4...
Sloooooow breath out...
1...2...3...4...

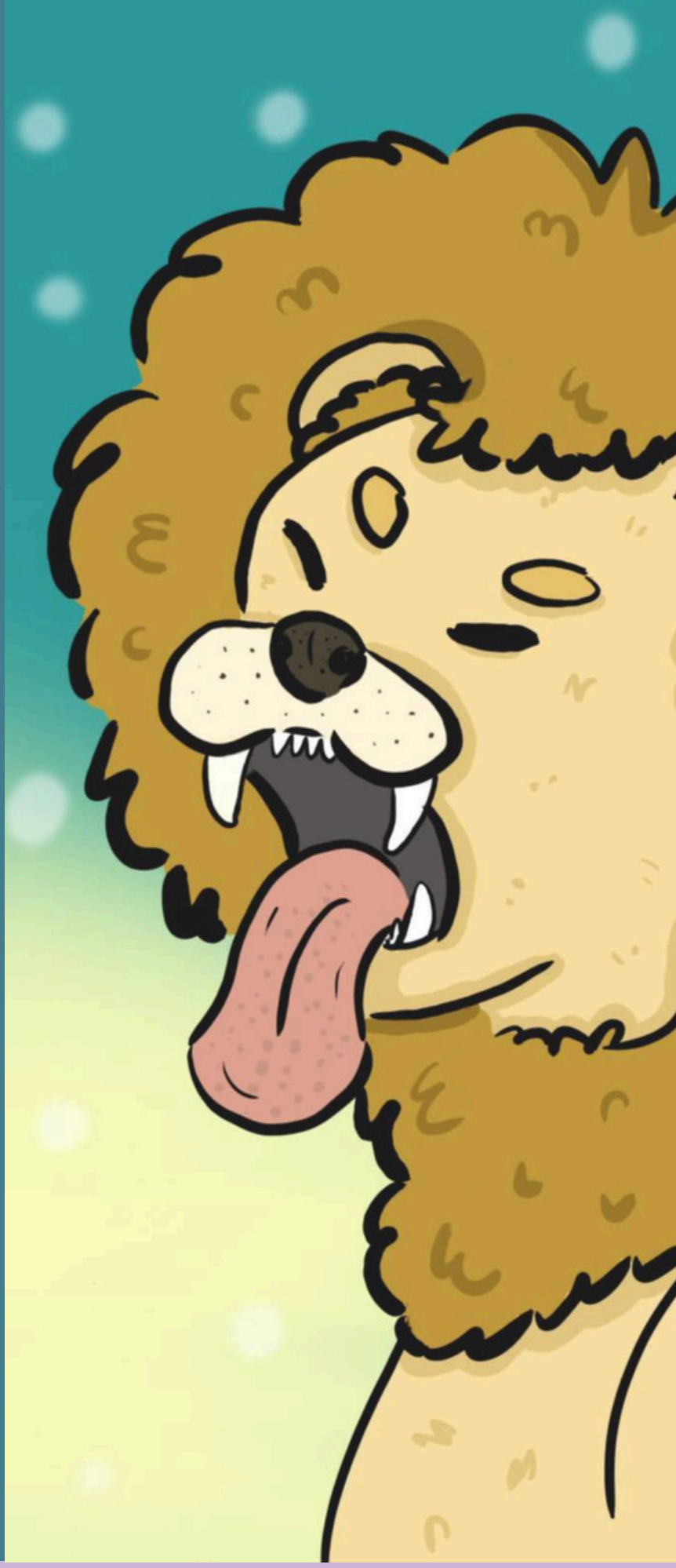
You, fierce lion, are the ruler of the land. You are brave and strong.

Slowly start to breathe faster and faster. Breathing in through the nose and out through the mouth, sticking your tongue out.

When you feel ready, take a deep breath in through the nose, breath out hard through the mouth, stick your tongue out and

ROOAAARRR!

like a lion.



BREATHE LIKE A BALLOON

Pretend your belly is a balloon.

Put your hand on your belly. Breathe in deeply and slowly through the nose, filling the belly, feeling it grow bigger and bigger. Breathe out slowly, feeling the belly empty.

Continue to breathe like this for as long as you'd like.

BREATHE LIKE A STAR

Spread the fingers on one of your hands wide apart, making a star.

With the other hand, use your finger to trace your fingers. Breathe in as you trace up and breathe out as you trace down.

When you are finished, switch hands and do it again!

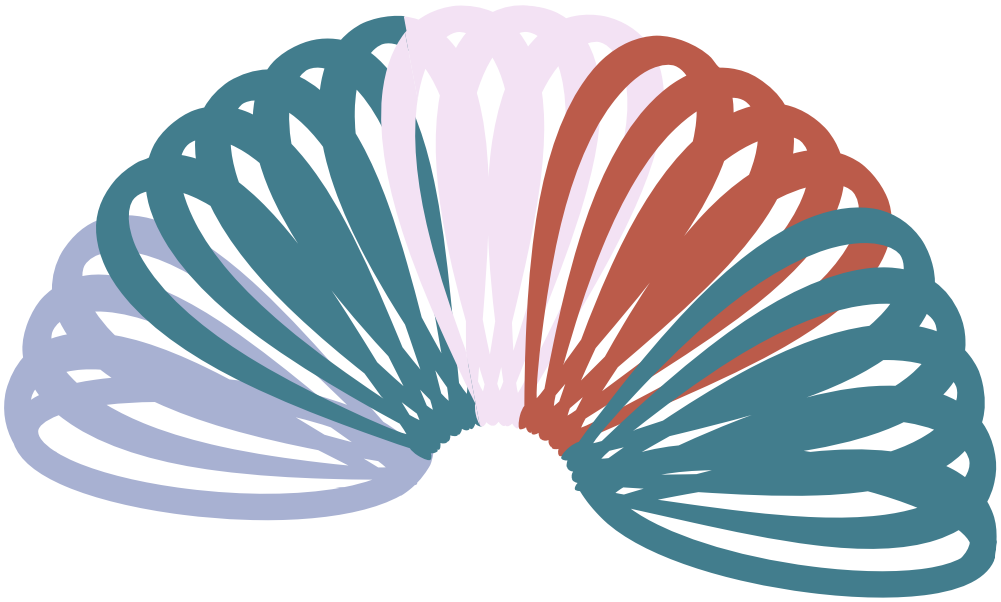
SLINKY BREATHING

**best practiced with a slinky toy*

As kids inhale, have them stretch the slinky for as long as inhalation occurs. As they exhale, bring the slinky in.

Encourage your kids to inhale and exhale slowly, as this increases relaxation and calms the mind and body.

A slinky or breathing ball is also a great way to show kids how the diaphragm works in the body. Using the slinky as a breathing visualization tool helps kids to monitor their breathing, promoting a steadiness and ease to the breath and improving concentration.



BREATHE LIKE A DRAGON

Imagine you are a dragon,
fierce, strong, and brave,
protecting the castle.

Take a deeep breath in...
1...2...3...4...
Slooow breath out...
1...2...3...4...
(do this 5 times)

Each day you let out a giant **ROOAAARRR!**

to let knights and dames know you are there.

Take a big breath in, and breathe out hard, roaring like a dragon!

Additional resources
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Resources

click me!

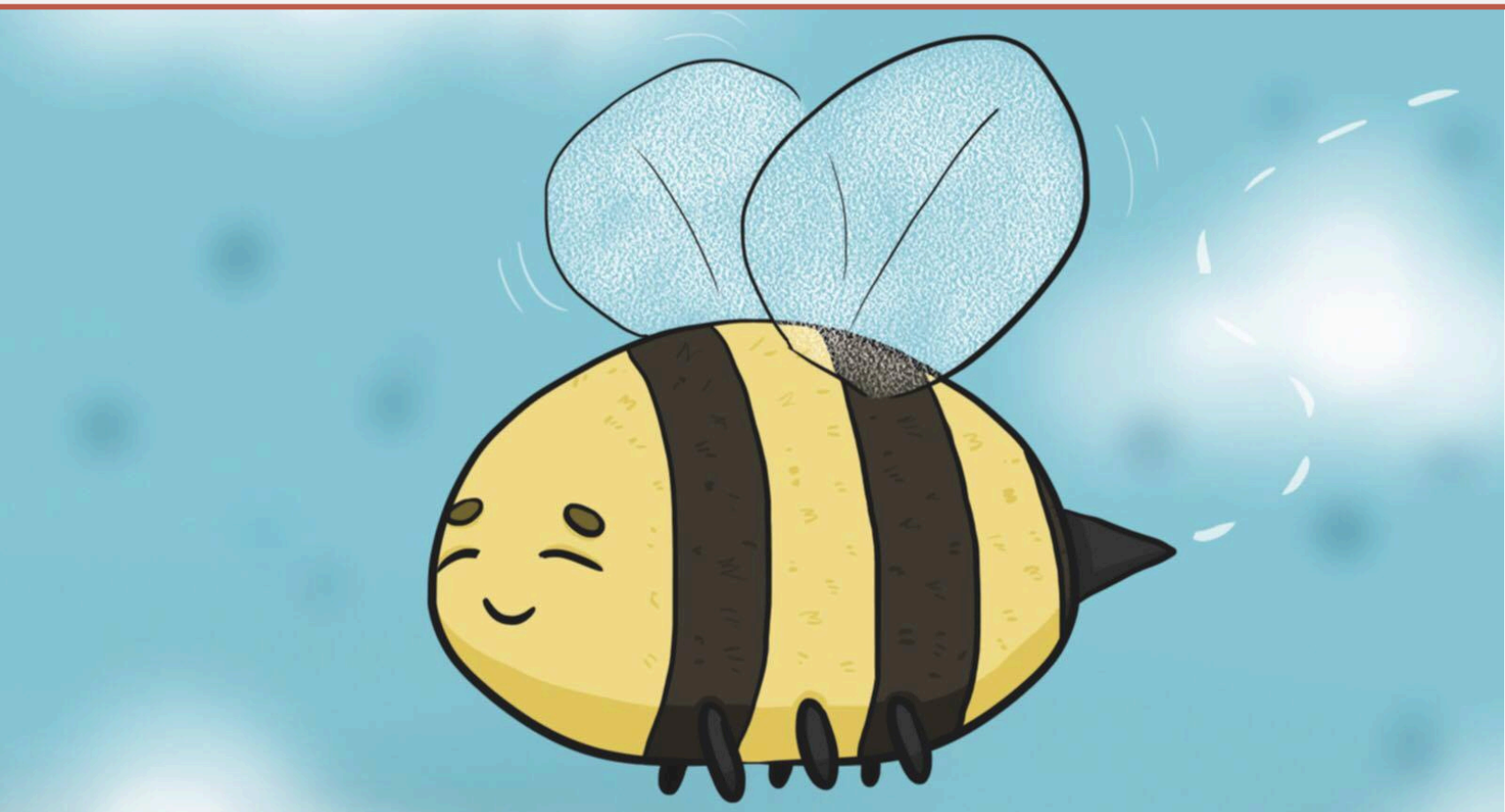
FREE RESOURCES

WOLF & WHIMSY KIDS BLOG

ROOOAAARRR! LIKE A DRAGON

CREATING MINDFUL CLASSROOMS GUIDE

THE MINDFUL EDUCATOR COURSE



DISCOVER THE PERFECT MINDFULNESS PLAN FOR YOUR CLASSROOM

SCAN ME

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