
Deep Roots
Mini Mindfulness Plan
Wolf and Whimsy Kids

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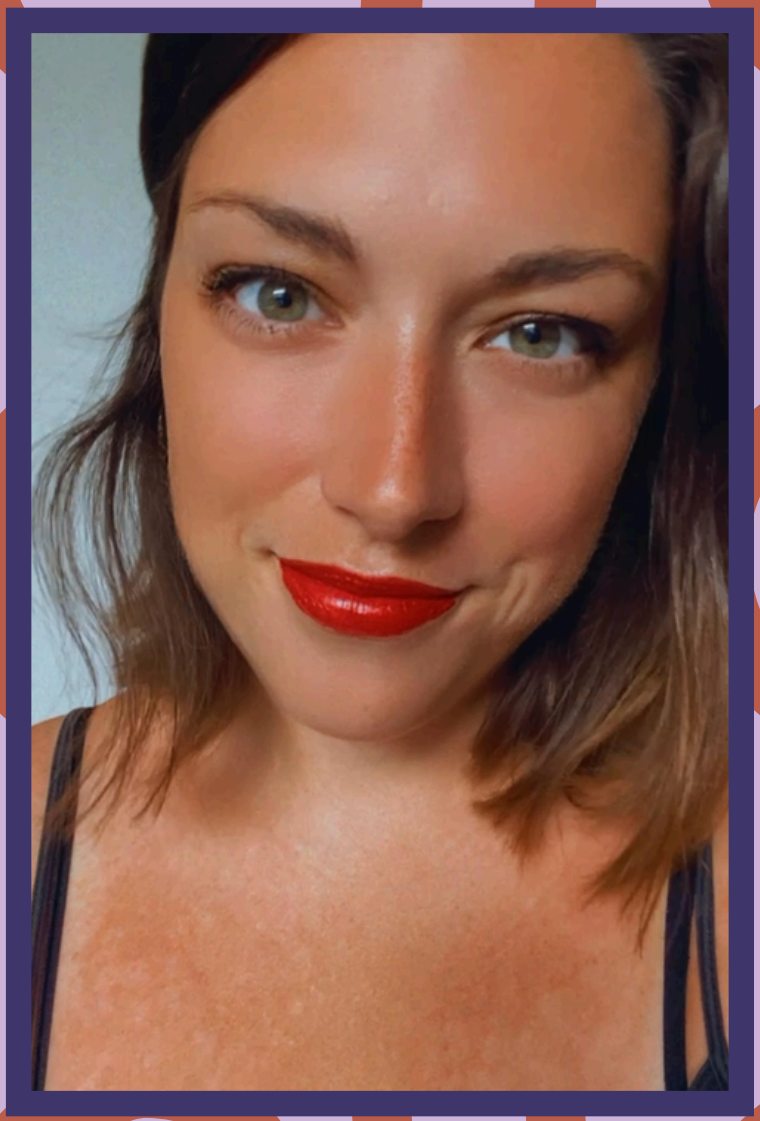
Wolf and Whimsy Kids does not give medical advice or prescribe the techniques mentioned within its pages as a form of treatment for physical, emotional, or medical problems. This book is not intended as a substitute for the medical advice of physicians. The intent of this book is to provide information of a general nature to guide you in helping your children in their emotional, physical, and spiritual wellbeing.

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

hello

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.

The Plan

If you're ready to dive deeply into mindfulness, this plan provides structured and meaningful practices.

01. Dedicate a consistent time each day to mindfulness, such as a morning "mindful moment" or after-school calm session.

02. Use a guided meditation app or audio track for a 10-15 minute practice. Focus on themes like kindness, calm, or focus.

03. Include flexible seating options for students in your classroom. Flexible seating allows for kids to have some control over their own space, increasing autonomy + self-regulation.

04. Create a "calm corner" with cushions, books, and mindfulness tools like a glitter jar or stress ball. Encourage children to use it when they feel overwhelmed.

05. Explore mindful journaling/writing by including assignments about feelings, drawing calming scenes, or creating lists of positive affirmations.

SURROUNDINGS MINDFULNESS

Being mindful of your surroundings includes activities such as:

- Nature walks: go for a walk outside and encourage kids to activate their five senses by finding something they see/ hear/ taste/ touch/smell that they never have before. You can even include a BINGO game or scavenger hunt with this for added fun! If you cannot get outside, you can do this inside.

- Room: have kids close their eyes and visualize the room that you are in, their favourite place, etc. Ask them to count the colours in the room, the number of objects that are a specific colour or shape, the number of books, plants, whatever else is in the room.

Don't forget to have a discussion with the kids after practicing. What did they like best? What was their favourite thing that they saw/heard/tasted/ smelled/touched?

It is also important to ask kids how they felt in their surroundings. Did they feel safe? Comfortable? Anxious? Remember that stress and anxiety can come from our surroundings- cluttered or messy spaces indicate a hectic, fast-paced, stressful environment and, by association, a hectic, fast-paced, stressful life.

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: 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.

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.

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.

CREATING A SPACE

Creating a space to practice mindfulness or meditation goes along with developing the habit and suggestions for best practice.

But it is important to note that, while a mindfulness space is desirable, it is not always feasible. Many of us do not have extra space solely for mindfulness practice. If you don't have the space for a “Mindfulness Corner”, don’t worry. Mindfulness can be practiced anywhere, anytime, with any space available. All you need is a space to sit, a relaxation technique, a breathing exercise, and some time to reflect inward on your thoughts and feelings!

However, there are things you can do to optimize the space you have or are using for your practice:

- Reduce distractions
- Pillows or bolsters
- Music or noise machine
- Warm blankets or sweater
- Aromatherapy/candles/ scent warmer

Flexible Seating in your Space

- Carpets, mats, & rugs
- Yoga/exercise balls
- Noise-cancelling headphones
- Bean bag chairs
- Chairs with cushions
- Chairs on wheels
- Round & square tables
- Mindful corners
- Chalkboard table
- White board table

End-of-Day Calm Session Outline

Duration: ~10 minutes
Goal: Help kids unwind, process their day, and reset their minds and bodies for the evening.

01. **Transition**
(2–3 minutes)
Objective: Create a bridge from the busy school day to a relaxed environment.
Activity: Talk to your kids about their day. Use open-ended phrases and questions such as *What happened at school today that made you smile?*

02. **Gentle Movement or Stretching**
(3–5 minutes)
Objective: Release any pent-up energy or tension from the day.
Activity: Lead a short series of stretches or yoga poses. Finish with a "shake-off" moment: Shake their hands, arms, and legs to "wiggle out" leftover energy.

03. **Breathing Exercise**
(3–5 minutes)
Objective: Help them center their thoughts and connect with their breath.
Activity: Breathing exercises such as Balloon Breathing

Additional Resources

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Resources

click me!

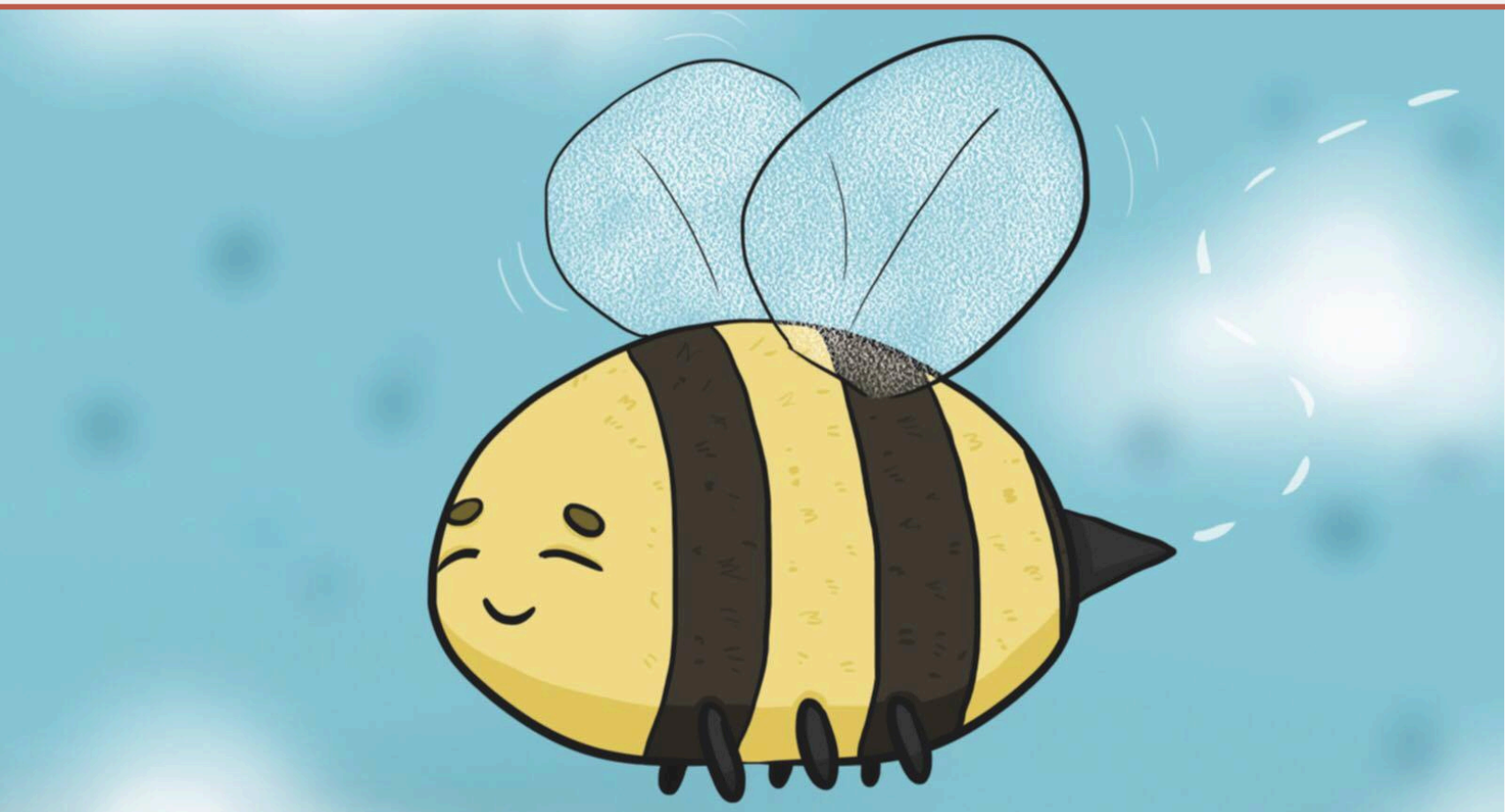
FREE RESOURCES

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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