

The following infographics may be useful strategies to teach children mindfulness.

Amy SALTZMAN'S
MINDFULNESS FOR KIDS

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S IS FOR STOP...
 WHEN YOU ARE FACED
 WITH A DIFFICULTY, STOP

T IS FOR TAKE A BREATH...
 USUALLY TAKING A FEW
 SLOW DEEP BREATHS
 RELAXES THE MIND.

A IS FOR ACCEPT...
 ACCEPT THAT YOU'RE
 HAVING DIFFICULTY

R IS FOR RESTART...
 WHEN YOU ARE READY YOU
 CAN TRY AGAIN OR MOVE ON
 TO SOMETHING ELSE

Ages 8-11

MINDFULNESS IS PAYING ATTENTION HERE AND NOW, WITH KINDNESS AND CURIOSITY, AND THEN CHOOSING YOUR BEHAVIOR.
 Amy Saltzman

A IS FOR ATTENTION...
 SOMETIMES IT HELPS TO
 STOP AND PAY ATTENTION
 TO OUR BREATH

B IS FOR BREATH...
 USUALLY WHEN WE PAY
 ATTENTION TO OUR BREATH
 IT IS EASIER TO FEEL CALM

C IS FOR CHOOSE...
 WE CAN MAKE A CHOICE
 THAT IS KIND FOR US
 AND KIND TO OTHERS

Ages 5-7

P IS FOR PAUSE...
 PAUSE WHEN YOU
 REALIZE THAT THINGS
 ARE DIFFICULT

E IS FOR EXHALE...
 KEEP BREATHING
 SLOW, DEEP BREATHS

A IS FOR ACCEPT...
 ACCEPT THAT THE
 SITUATION IS WHAT IT IS

C IS FOR CHOOSE...
 MAKE A CHOICE
 THAT IS KIND TO YOURSELF
 AND KIND TO OTHERS

E IS FOR ENGAGE...
 WHEN YOU ARE READY
 ENGAGE WITH THE SITUATION
 & PEOPLE INVOLVED

Ages 12-18

