

Teach them a superpower for life

MINDFUL KIDS



Mindfulness - a life-long superpower that offers kids skills to conquer stress, boost happiness, enhance focus and navigate challenges with ease. It goes beyond meditation and yoga, becoming a daily tune into life in a positive, calm, and sensible way.

What is mindfulness for kids?

Picture being fully engaged, aware of thoughts and feelings without being overwhelmed. It's a focus on the present, free from past obsessions or future worries, with a positive, curious, and nonjudgmental attitude.

That is mindfulness!

Today kids face growing pressures, from school stress, to the complexities of technology and social media. The sad reality is that many kids are now suffering from mental health issues.

Benefits of mindfulness

- Helps regulate emotions
- Improves concentration
- Grows compassion and kindness
- Enhances relationships

Where to start?

Practice mindfulness yourself

The best way to teach mindfulness to kids is to model the behaviour yourself.

Don't force it

If kids aren't interested in a lesson you're trying to teach - drop it.

Keep expectations in check

There will be days when your kids might love to practice and days where they are not interested. It's all ok.

Embrace simplicity and lead by example. Dedicate ten minutes three times a week with your child and let your mindfulness journey evolve alongside them.

Our Professional Practitioners at Centacare are here to offer support, tailored tips and guidance to your child should you feel they need some extra support.

For more information scan the QR code.

