

# A Mindful Minute: 3 Fun Mindfulness Exercises For Kids

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The goal of mindfulness is to train your mind to observe your thoughts and feelings without judgement or criticism. In this, you can cut out habitual, negative thought patterns and prevent downward spirals of negativity. You further carve a path to access expansive inner resources of peace, contentment, meaning, and well-being.

This post (and the ones to follow) will primarily deliver fun and simple exercises you can practice with the family. One goal of these exercises is to train the mind to purposefully focus attention on a present experience. Try them in the morning, before bed, or at my favorite place/time: the dinner table right before you eat.

## 1. Breathe like a bee.



### Breathe like a bee!

Cover your ears with your thumbs and your eyes with your fingers.

Keep your lips closed and teeth slightly apart inside your mouth. Inhale deeply through your nose (1-2-3-4).

When you inhale, think about closing your throat just slightly so you can actually hear your breath.

Exhale slowly through your mouth (1-2-3-4) while making a low humming sound. Repeat!

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## 2. Create magnetic hands.



### Magnetic hands!

Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

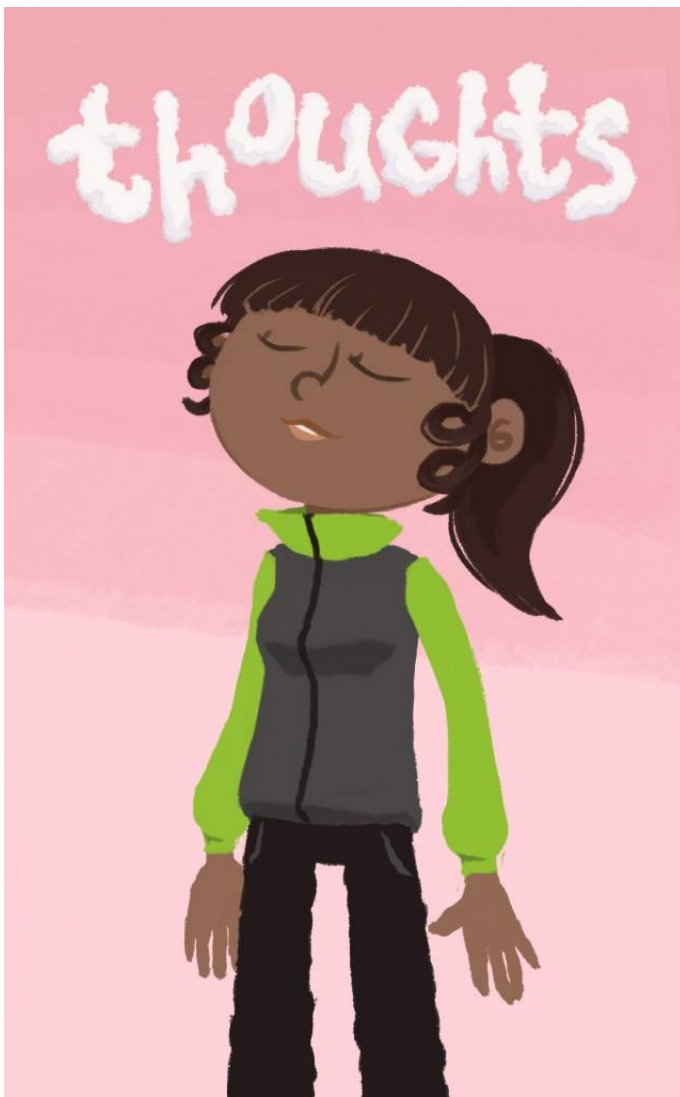
Put your hands in front of  
you shoulder width apart and  
palms facing each other.

pretend there is a magnet  
that is slowly drawing  
your palms together.

Bring your palms very, very  
close until they almost touch.  
Then slowly bring your palms  
back out again.

Keep breathing. Repeat.

### 3. Dissolve a thought.



#### Dissolve a thought!

Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

Imagine that each thought  
you have is a cloud that  
forms above your head.

As you breathe in (1-2-3-4)  
notice this cloud.

As you breathe out (1-2-3-4)  
let the cloud dissolve.

Repeat with a new thought.