**Squish And Let Go!**

**Mindfulness Exercises For Kids (and adults)**

**Purpose:** Relaxation / Introduction to mindfulness of body

**What you need:** Nothing

If you want, there are many videos online that can do the talking/guiding for you, otherwise…

Ask your child to lie down and take a few deep breaths.

You can use the following script with your child:

Tense your stomach muscles for the count of two and then release or relax them.  See how this feels.

Now we’ll start this tensing and relaxing with each part of the body, starting with the toes.

Clench your toes for the count of two, then release them.

Now clench your feet for two, then release.

Let’s try your calf muscles. Clench for two, then release.

Work your way up your body until you finally finish up by clenching and releasing the top of your head. For added fun, you can ask your child to make a silly face as he clenches his face.

**When you’re done, ask your child how their body feels now.**

* How did it feel to tense up?
* How did it feel to let go?
* Now that you have visited each muscle of your body, tensed, and let go, are you more relaxed or more tense?

It’s best to learn this exercise when you are both calm and relaxed. This way it will be much easier to apply when your child is tense.

I hope you’ll enjoy this activity with the kids!!