

Online Resource 4.II • Mindfulness Activities

ACTIVITIES	DESCRIPTION
<p>Mindful Games Activity Cards (www.susankaisergreenland.com/mindful-games)</p>	<p>This card deck invites parents, caregivers, and teachers to enjoy fun games to help kids develop their breathing, attention, concentration, and emotional identification and regulation skills.</p>
<p>Mindful Kids: 50 Mindfulness Activities (www.barefootbooks.com/mindful-kids-deck)</p>	<p>This card deck (Stewart, 2017) includes creative mindfulness games, visualizations, and exercises to help children feel grounded, calm, and relaxed and practice their focus and loving-kindness. The cards and instructional booklet also include modifications to make each activity inclusive for children of all abilities.</p>
<p>Mindfulness Activities for Kids in the Classroom (www.teachstarter.com/us/blog/classroom-mindfulness-activities-for-children-us/)</p>	<p>This article (Cassie, 2021) details quick and effective mindfulness activities you can do with your class, from breath awareness activities to body scans to mindful eating and walking exercises.</p>
<p>Meditation in Sports (www.youtube.com/watch?v=E78y66GEPvs)</p>	<p>In this video from The Flow Station (2017), Phil Jackson discusses his emphasis on mindfulness so his team can build up their mental strength to focus, pay attention, work together, and reset their minds. Additionally, Kobe Bryant discusses how he meditates daily, which anchors him and sets him up for success.</p>
<p>Headspace for Sport (www.youtube.com/watch?v=lbEat6qiumQ)</p>	<p>This video (Headspace, 2016) discusses the importance of mental preparation for professional athletes—being able to train your mind and drop outside concerns to be present in the here and now.</p>

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.