

## MindUP™ Family Activity Ideas:

### Ages 4-6: Teaching about the breath

- Have your child lie down on the floor and put a beanbag or stuffed animal on her stomach. Instruct her to quietly watch the object rise and fall with her breath.
- Blow bubbles together and watch them float to the ground.
- Use pinwheels to practice using your breath to make them go slow and fast.

### Ages 7-10: Teaching about the breath

- Parents can use the “smell the flowers, blow out the candle” image to help children develop the skill of focusing attention through breathing.
- Use a focusing tool like a glitter wand or liquid timer to help him practice mindful breathing.

### Ages 11-14: Teaching about the breath

- Do the “cotton ball activity” together. Each person has a cotton ball, and has to practice 1) blowing it past an object, 2) blowing it to hit a target, and then 3) practicing a gentle breath to push the cotton ball from the middle of the palm of the hand, to the fingertips without it falling.
- Teach your teen to be aware of his breath while playing sports, taking a hike, or participating in a yoga class. Is he able to slow his breath when it quickens? Is he able to focus his breath to enhance his performance?

