

# Helping children self regulate with mindful practices

Notice body

Notice sounds

Notice breath

Follow out  
breath

Hands on tummy



**Once you walk children through each of these practices, you can teach them to use their hands & fingers to remind them about their mindful tools.**

**These are all tools that can help children recover from a reactive or stressful moment. Print the image or draw around their hand and create their own to display at home/in class.**

- **hands on tummy** – encourage children to breath in and push their tummy out, then relax with out breath and let their tummy drop.
- **notice breath** – hold up hand in front of their face – eyes closed (if that’s ok) and then as they breathe out, feeling air on their palmsf
- **Notice body** – get them to think happy thoughts, then sad/angry ones and encourage them to pay attention to signals and sensations
- **Notice sounds** – invite them to notice any sounds they can hear in this moment around them – near and far
- **ollow out breath** – make a sound as they breath out and focus on the sound till the end.

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