



## **Mindfulness & Meditation a Special Two-Day Holiday Program for Children "Pause. Breathe. Smile. (PBS)"**

Thursday January 2 & Friday January 3 for \$85

Over the two days of this very special program we will be introducing the concept of **Mindfulness (and Meditation)** by exploring and practicing a variety of effective self-awareness techniques that are simple, fun and engaging to help children's development in awareness, self confidence and empathy. Every child will have fun and enjoy this terrific program! We'll capture our campers imaginations and help them connect to their world and its challenges with calm, natural empathy and critical awareness.

Activities include fun and **interactive mind and body experiences, creative calming jars and stress balls, plus children's blogs on Mindfulness and**

**Meditation.** Belly breathing, focussing on our inner selves and befriending our emotions and their physical symptoms. Skills that inspire life appreciation and coping strategies. And more.

All our **programs include physical activities and group games, extended care hours with healthy snacks.** Each day works independently if you only want to attend one.

**Location:** Guy B. Brown Elementary

**Cost:** \$47 /day or \$85 for two days

**Hours:** 7am – 6pm , main program is 9am - 4pm  
**Free Extended Care 7am - 6pm** (*includes healthy snacks.*)

**Register Online at**  
[www.campwaterdown.com](http://www.campwaterdown.com) – Registration  
**Open right through the Holidays!**

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**Not joining us this time?** - Please look on the back for some suggested Mindfulness Activities to enjoy with your family this Holiday!

## **What is Mindfulness?**      Mindfulness is “being aware” and calming our mind.

It is the ability to be fully present and in focus “in the moment.” It is that state that allows athletes to compete at their very best, and for us to be most effective at work, in our relationships, and at play. Our mind is focused on the thing it needs and accepting of our feelings, thoughts and bodily sensations. It is a state without worry or anger because we are not focused on what will be or what was but accepting of what it is we are experiencing. It makes us better decision makers, more focused on our real needs and those of others, more relaxed, more inventive and more present. There is clinical evidence\* of lasting benefits to children’s brain and relationship health. [\*Mindfulness with Children and Adolescents, Thompson & Gauntlett-Gilbert, 2008 (and many more citations)]

## **What are the Benefits of Mindfulness and Meditation?**

- Mindfulness improves our adaptive behaviour and emotional well-being
- It helps focus your attention to your body and your breathing
- It improves social skills, communication and understanding of others’ feelings
- It increases positive moods
- Mindfulness with children can have a great effect because their brains and bodies are still under development
- It can lower anxiety and stress
- It promotes better decision making
- It Improves emotional regulation skills
- It Increases self-esteem

## **What are some Mindfulness Activities we can try at home?**

*Family Walking* is a wonderful stress relieving activity because it helps clear the mind and spark creative ideas and creates a sense of oneness with our world. We are very lucky in Waterdown to have a variety of walking environments, including our quiet woodland and swamp trails. Every child wants to play as they walk, and that should be nurtured, but you can also guide mindfulness in intervals by asking questions about what the child feels, touches and sees (they will naturally have to stop and focus). Notice the feel of the air on your skin, the sound of the ground as you walk and the sounds of water, and the little movements of leaves and animals. Pick up a small rock (without collecting it) or touch the ice and snow. Notice the twinkle of house decorations and how your breath hangs in the air. Encourage your child to walk in periods of silence, and share what you all experienced without judgement (silent mindfulness and meditation with those you love can be very enriching and promote togetherness).

Some links to other websites to try:

- **Belly Buddies** (for younger children) - <https://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>
- **Creative Art (Zenangles, Doodle Art, Colouring)** – <https://kinderart.com/blog/zentangles-101/> or <http://www.doodle-art-alley.com/free-coloring-pages.html>
- **Jigsaw Puzzles**, puzzle books and games like “Where’s Waldo”, “I Spy”, crosswords and Sudoku all require us to focus and help promote a type of focused mind state.
- **Yoga, Meditation, Prayer, Music & Singing** (playing or listening without any other distractions)
- More suggestions: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>