

Mindful Body Scan

Outcome: Mindful body scans help children wind down, ground themselves, and regroup.

Materials Needed: A yoga mat or just space on the floor, soft music playing in the background.

How:

- Have your child lay on their back on the floor or a mat with feet apart, arms by their side, and palms face up.
- Tell them to
 - close their eyes and begin their scan at their toes
 - inhale through their nose, squeeze their toes tightly
 - exhale and release their toes.
- Next, move to their feet and do the same: inhale through their nose and squeeze their feet tightly ... then exhale and release them.
- Continue up the body, piece by piece (legs, hands, arms, shoulders, face), tensing and releasing major muscle groups with each inhale and exhale.