

Kidsbridge @HOME



Mindfulness & Calming

As your child transitions out of their school routine, and into summer vacation, keep these SIMPLE & FREE mindfulness activities in mind to reduce stress and calm the mind!



Activities for Families

OUTDOOR MINDFULNESS

- Take a family walk
- Take a bike ride
- Visit a playground and go on the swings!
- Garden with real or fake flowers!

TOOLS TO CALM

- Take slow deep belly breaths!
- Use a breathing buddy! Put a stuffed animal on your belly while you breath, and watch it move up and down!
- Enjoy a mindful meal, focus on the colors and the sounds!



For more FREE resources visit us at www.kidsbridgecenter.org