

BREATHING WAND ARTWORK PROJECT

Mindfulness Activity for Kids

With this easy mindfulness activity, children learn how paying attention to their bodies can help them learn how they feel and how to calm down.

Ask the children to notice their breath. Have them put their hands up to their mouths and notice how the air is cool when they breathe in and warm when they breathe out. Then, ask them to put a hand on their chest or stomach, and notice the rise and fall as they breathe in and exhale.

As a fun artwork project to reinforce mindfulness, help them make their own breathing wands.

SUPPLIES NEEDED:

- Toilet paper or paper towel roll
- Markers, glitter, stickers, decorative items
- Streamers or thin, light ribbon
- Scissors and tape

INSTRUCTIONS:

- Take a toilet paper or paper towel roll and cut off the top to form a 1" ring; set ring aside
- Cut a straight line the full length of the roll
- Use cut line to tighten the roll into a thinner tube; tape at top and bottom
- Allow child to decorate the tube using markers, glitter, stickers, etc.
- Tape streamers or thin, light ribbon along the inside of the 1" ring (set aside earlier)
- To make the wand, tape the ring to the top of the decorated tube
- Instruct children to take deep breaths, inhaling and exhaling slowly through their wands – and ask them what they notice about their breathing wands



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