

# Snow Globe Exercise for Kids

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. Take a snow globe, wind the music box at the bottom, shake it and place it on a table. Put your hand on your stomach and ask your child to put their hands on their stomach too.
2. As you watch the snow fall to the bottom of the globe, feel your breaths move up and down. When all of the snow has settled to the bottom of the snow globe, shake it again.
3. As the water in the globe gradually clears, feel your breathing. Your child's breathing will slow down, which will also calm and relax their body.
4. How will you take what you learned from this forward into your life?