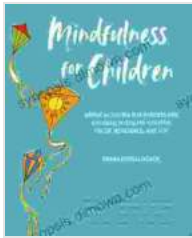


# Simple Activities for Parents and Children to Create Greater Focus and Resilience



## Mindfulness for Children: Simple activities for parents and children to create greater focus, resilience, and joy

by David Woodhouse

★★★★☆ 4.4 out of 5

Language : English  
File size : 5954 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
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In today's fast-paced world, it's more important than ever for children to develop strong focus and resilience skills. These skills help them to stay on task, manage distractions, and bounce back from setbacks. Fortunately, there are a number of simple activities that parents can do with their children to help them develop these essential skills.

### 1. Mindful Breathing Exercises

Mindful breathing exercises are a great way to help children learn to focus and calm down. To do a mindful breathing exercise, sit in a comfortable position and close your eyes. Ask your child to focus on their breath as it goes in and out of their body. Encourage them to notice the feeling of their breath in their chest and abdomen. If their mind wanders, gently guide them back to focusing on their breath.



## 2. Nature Walks

Spending time in nature can be very beneficial for children's focus and resilience. When they're in nature, they're able to connect with the natural world and get away from the hustle and bustle of everyday life. This can help them to relax and de-stress, which can make it easier for them to focus. Additionally, nature walks can help children to develop their observation skills and learn about the world around them.



### **3. Board Games**

Board games are a fun and engaging way to help children develop their focus and resilience skills. When they play board games, they have to learn to follow the rules, take turns, and work together. This can help them to develop their self-control, patience, and problem-solving skills. Additionally, board games can help children to learn how to deal with setbacks and disappointments.



#### **4. Creative Play**

Creative play is a great way for children to express themselves and explore their imaginations. It can also help them to develop their focus and resilience skills. When they're engaged in creative play, they're able to lose themselves in the moment and forget about their worries. This can help them to relax and de-stress, which can make it easier for them to focus.

Additionally, creative play can help children to develop their problem-solving skills and learn how to think outside the box.

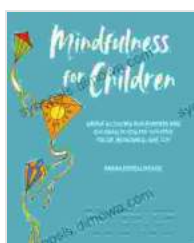


## **5. Mindfulness Games**

Mindfulness games are a fun and engaging way to help children learn about mindfulness and develop their focus skills. There are a number of different mindfulness games available, such as the Mindful Moments game and the Mindful Maze game. These games can help children to learn how to focus on the present moment, stay calm under pressure, and develop self-awareness.



These are just a few of the many simple activities that parents can do with their children to help them develop their focus and resilience skills. By incorporating these activities into your daily routine, you can help your child to succeed in school, manage stress, and live a happier and more fulfilling life.



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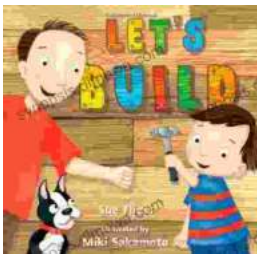


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