

Mindfulness Games

(inspired and adapted from positivepsychology.com)

MIND JAR



How to:

- Take a clear jar with a tight lid to secure it properly.
- Have an adult help you child add hot water to the jar until it fills up to the 3/4th mark.
- Now, it's time to have fun with glitter. You can stick to one color or go crazy with as many as you want.
- Let it sit for some time and ask for help to secure the lid with hot glue so that it won't spill over later.
- That's it! Your very own mind jar is ready! Shake the jar and see the colorful glitter dance for you.

You may use this mind jar, every time you feel stuck with thoughts or when you are stressed.

Pennies Game



How to:

- Assemble a small bag of 10-15 pennies.
- Choose a penny from the bag and analyze it thoroughly.
- Once you have finished studying the penny, return it to the bag.
- Mix all the pennies.
- Now look through the bag for your special penny.
- Breath and consider: "how did I know this was my penny?"

Mindfulness can help you come in contact with your innermost thoughts and feelings. Awareness about your body and mind, helps in thinking and communicating accurately. This game is about slowing down and focusing.

Hand tracing

Who knew that an activity as simple as tracing your hand could also contribute to mindfulness?



How to:

- Get a blank paper and place your non-writing hand on it first.
- Start tracing, using the other hand, on a sheet of paper. This should be the easy part.
- Now place your writing hand on the paper and trace it with the non-writing hand. How does that feel?--Not very easy, but that's okay!

This activity is designed to challenge your mind to perform non-routine activities with ease. This will prove beneficial in training the mind to work through moments and sensations that feel new and different.