



Top 5 Mindfulness Moments for Preschoolers

Preschoolers are naturally curious, imaginative, and full of wiggly energy, but that doesn't mean they can't learn mindfulness. In fact, mindfulness is often most powerful when woven gently into everyday moments, especially in movement-rich environments like a child care center. Here are five simple ways to help preschoolers build awareness and presence.

1. Bubble Breaths Before Class Starts

Invite children to take three slow, deep 'bubble breaths' — in through the nose, out through the mouth like they're blowing a giant soap bubble. This calms the nervous system, signals the start of class, and helps young bodies prepare to focus.

Bonus tip: Pretend you're holding a bubble wand and ask them what colour their bubble is today!

2. Grounding on the Mat

Have children stand tall like mountains, feet planted wide and strong. Ask: "Can you feel the floor under your toes?" "Is your body growing tall like a tree?" This simple body awareness helps them feel strong, stable, and centred before jumping into more dynamic movement.

3. Noticing the Moment (Mid-Activity Pause)

During an activity (like playing outdoors), invite them to freeze and notice: "What do your arms feel like?" "Can you hear your own breath?" This helps bring attention back to the now, especially if things get too wild or distracted.

4. Mindful Compliments

At the end of partner games or group activities, encourage children to offer kind observations: "I saw you trying really hard!" or "You waited your turn so patiently!" Mindfulness isn't just inward — it's how we notice and treat others, too.

5. Rest & Reflection Time

End each class with a moment of stillness, lying on backs like starfish or curled up Niblet in child's pose. Add a soft visual (like a lavender eye pillow or calm music), and gently invite them to feel their heartbeat or think of one thing they loved about today.

