

**A mindful adult  
means  
a mindful child**

# Workshop schedule

01

A bit of  
theory

02

The benefits  
of mindfulness  
exercises

03

Practice



At the end of the day, the most  
overwhelming key to a child's  
success is the positive  
involvement of parents.

Jane D. Hull

quote fancy



01

A bit of theory

# What is mindfulness?

The aim of mindfulness practice is to slow down, observe your own reactions and emotions, and then respond to your child's needs with greater awareness and understanding.



# What is mindfulness?

We - adults should be fully involved in every moment spent with the child, without judgment, but with acceptance and empathy.



# Why do we want to practice mindfulness?

- reduce stress and tension
- improve memory and concentration
- be present in the “here and now”
- help you better understand your own emotions
- enhance kindness towards yourself and others
- build mental resilience
- teach us to stop instead of reacting automatically
- help us cope with stress
- help us extend the time between stimulus and response.



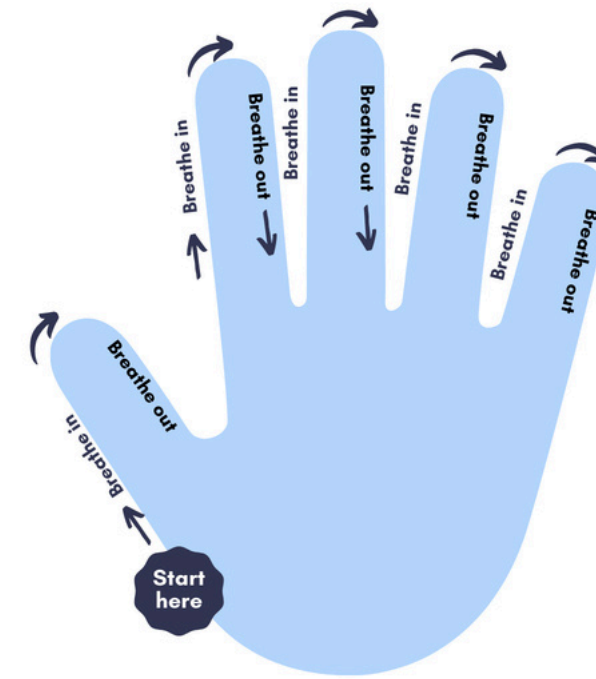
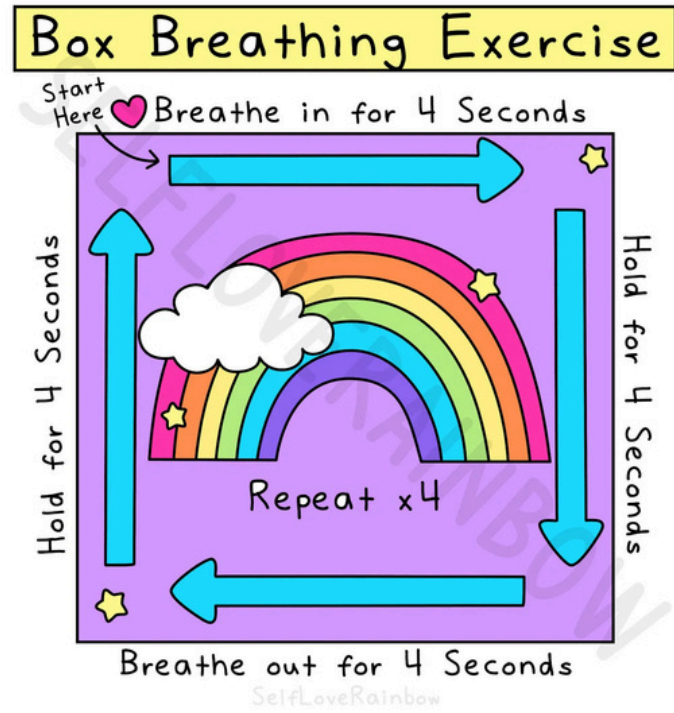
# EASY EXERCISES TO START



sit comfortably  
and rest your mind



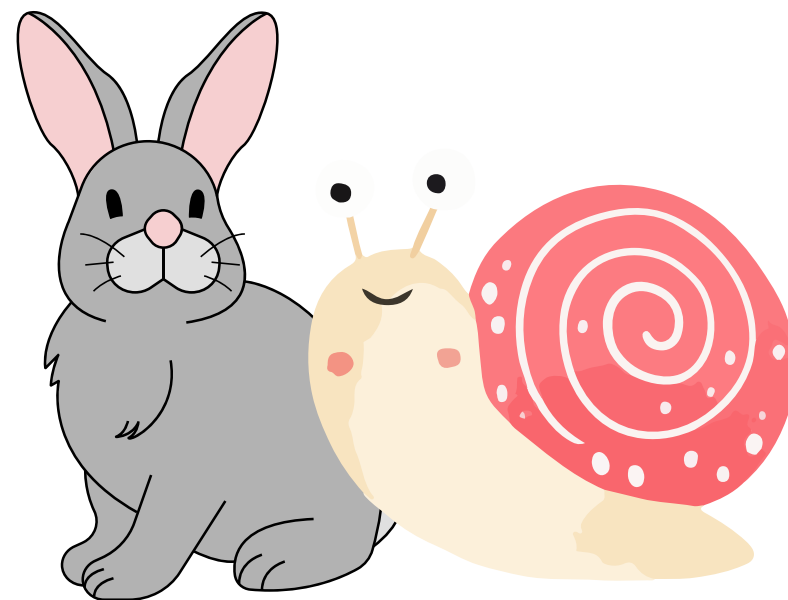
# MINDFUL BREATHING



“breathing dice”



fast or slow



duck's breathing

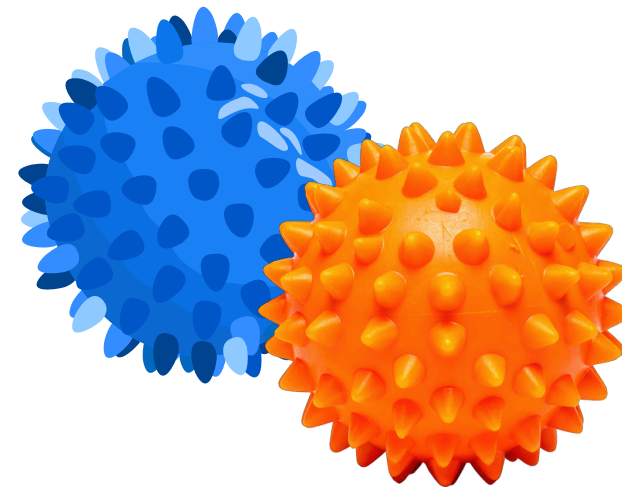


# MINDFUL BODY AND SENSES

the body scanner



massage with balls



body painting



tastes on a plate



“mirror” in pairs



mindful smell



# MINDFUL MOVEMENT

mindful walks



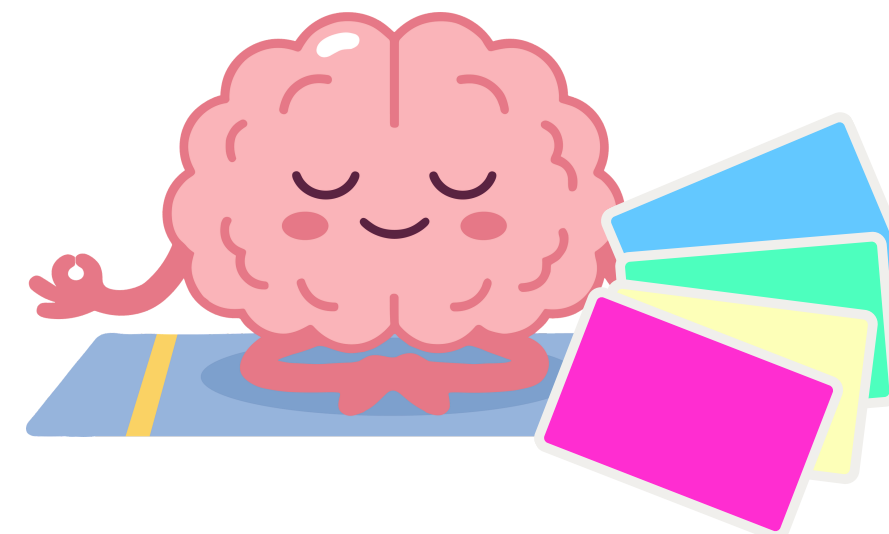
fast/slow music



hidden treasure



yoga cards



# MINDFUL SELF-AWARENESS

my medals



clouds



“driving a car”



emotional barometer

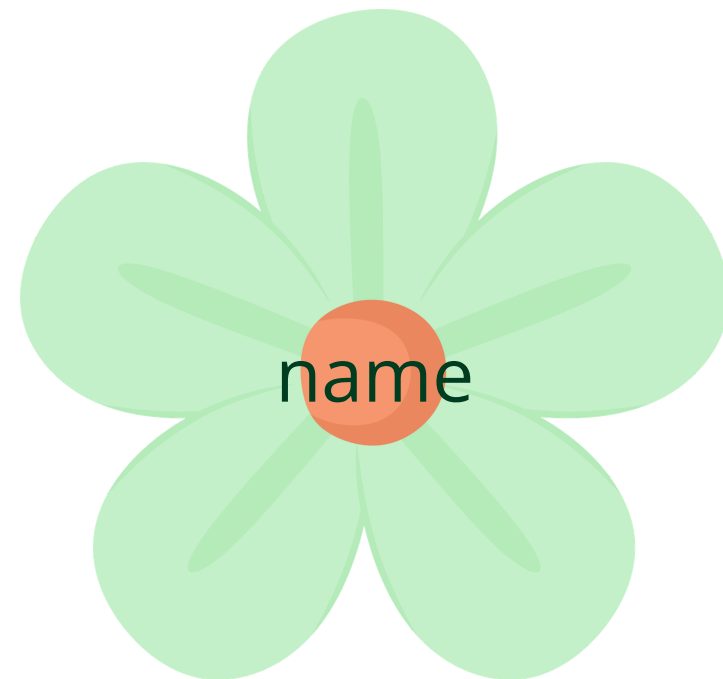


# MINDFUL GRATITUDE

a jar of gratitude



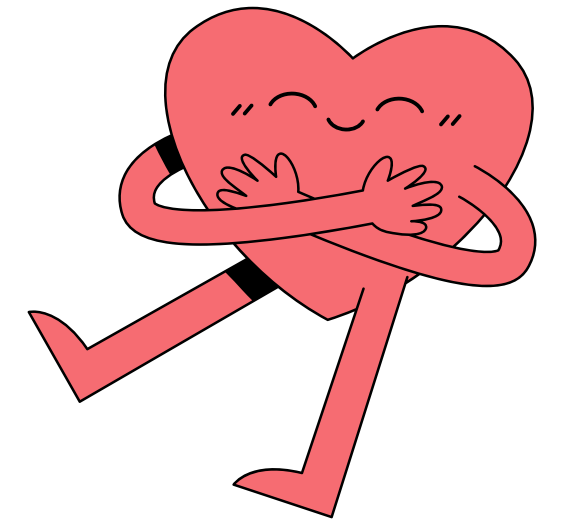
flower of gratitude



high fives



hug yourself



# MINDFUL KINDNESS

great ideas



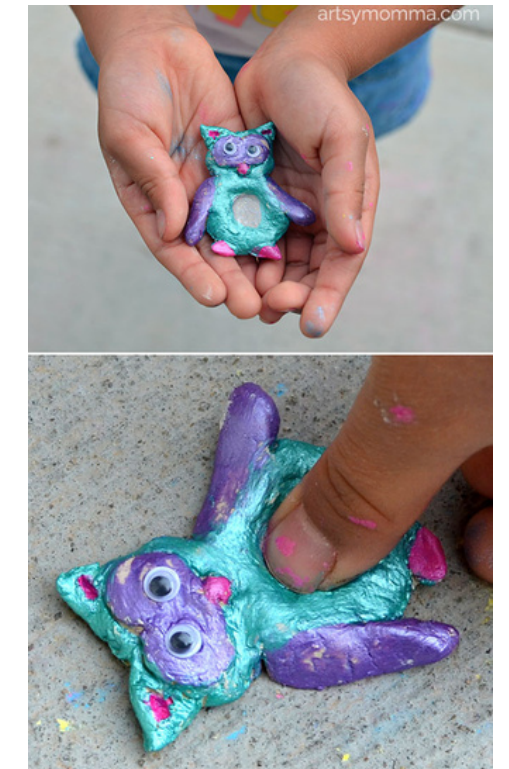
a bowl of kindness



pass your smile on

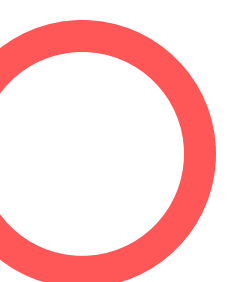



talisman





# BENEFITS OF MINDFUL PARENTING

- **Stress reduction:** Mindfulness helps parents cope with the pressures and challenges of raising a child.
  - **Improved relationships:** Mindful parenting builds stronger bonds between parent and child.
  - **Strengthening empathy:** The parent becomes more sensitive to the child's needs.
  - **Improving communication:** Mindfulness helps parents better understand their child's needs and communicate their emotions.
  - **Reducing the risk of mental health problems:** Mindfulness can help prevent depression and anxiety in parents.
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# WHAT TO AVOID AT THE BEGINNING?

## Overloading:

→ "I have to meditate 20 minutes a day" = discouragement

## Expectations:

→ "I should feel better" = mindfulness is not a quick fix

## Perfectionism:

→ It's normal for your mind to wander

## Comparisons:

→ "others are more attentive than me" = it's your process



**“Happy Minds, Smart Skills”  
eTwinning teachers**

