

Bubble Breathing

Ages	12 mo+
Time	1 min
Steps	Pretend to blow slow bubbles together.
Why it works	Calms breathing
Tip	Use real bubbles first.

Teddy Breathing

Ages	18 mo+
Time	2 min
Steps	Place teddy on belly and watch it rise.
Why it works	Body awareness
Tip	Use favorite stuffed animal.

Starfish Stretch

Ages	18 mo+
Time	2 min
Steps	Stretch arms and legs wide, wiggle, relax.
Why it works	Relaxes muscles
Tip	Make it silly.

Scarves & Streamers

Ages	12 mo+
Time	5 min
Steps	Move scarves slowly through the air.
Why it works	Visual calming
Tip	Play soft music.

Water Play

Ages	18 mo+
Time	10 min

Steps	Pour, scoop, and splash slowly.
Why it works	Sensory regulation
Tip	Supervise closely.

Texture Exploration

Ages	12 mo+
Time	5 min
Steps	Touch soft fabrics and feathers.
Why it works	Body awareness
Tip	Name each texture.

Slow Dancing

Ages	12 mo+
Time	5 min
Steps	Sway together to gentle music.
Why it works	Connection
Tip	Dim the lights.

Color Breathing

Ages	3+
Time	3 min
Steps	Breathe in calm colors, breathe out worries.
Why it works	Emotional regulation
Tip	Let child choose colors.

5-4-3-2-1

Ages	4+
Time	5 min
Steps	Notice sights, sounds, touch, smell, taste.
Why it works	Grounding
Tip	Use outdoors too.

Glitter Jar

Ages	3+
Time	3 min
Steps	Watch glitter settle.
Why it works	Visual mindfulness
Tip	No talking needed.

Cat-Cow

Ages	3+
Time	2 min
Steps	Arch and round back slowly.
Why it works	Stretching
Tip	Make animal sounds.

Tree Pose

Ages	3+
Time	2 min
Steps	Balance like a tree.
Why it works	Focus
Tip	Pretend wind is blowing.

Child's Pose

Ages	3+
Time	2 min
Steps	Fold forward and rest.
Why it works	Relaxation
Tip	Take slow breaths.

Thankful Thought

Ages	3+
Time	2 min

Steps	Share one thing you're thankful for.
Why it works	Positive mindset
Tip	Everyone joins.

Feelings Check-In

Ages	4+
Time	3 min
Steps	Describe feelings in your body.
Why it works	Self-awareness
Tip	No wrong answers.

Three Good Things

Ages	4+
Time	3 min
Steps	Name three happy moments.
Why it works	Gratitude
Tip	Do before bed.

Body Scan

Ages	6+
Time	7 min
Steps	Notice each body part.
Why it works	Mindfulness
Tip	Speak slowly.

Mindful Eating

Ages	6+
Time	5 min
Steps	Slowly taste one snack.
Why it works	Present moment
Tip	Use fruit.

Quiet Sitting

Ages	7+
Time	5 min
Steps	Sit quietly with timer.
Why it works	Focus
Tip	Start with 2 minutes.

Worry Stone

Ages	6+
Time	5 min
Steps	Imagine giving worries to a stone.
Why it works	Stress relief
Tip	Keep stone in pocket.

Sun Salutation

Ages	6+
Time	3 min
Steps	Simple yoga flow.
Why it works	Movement
Tip	Follow together.

Bedtime Yoga

Ages	5+
Time	10 min
Steps	Gentle poses before sleep.
Why it works	Sleep support
Tip	Same routine nightly.

Stretch Break

Ages	6+
Time	3 min

Steps	Reach, fold, twist gently.
Why it works	Reset
Tip	Great after homework.

Feelings Journal

Ages	6+
Time	10 min
Steps	Draw or write feelings.
Why it works	Expression
Tip	No spelling worries.

Mindful Coloring

Ages	6+
Time	15 min
Steps	Color slowly.
Why it works	Relaxation
Tip	No rushing.

Nature Observation

Ages	6+
Time	15 min
Steps	Watch and listen outdoors.
Why it works	Mental wellness
Tip	Leave phones inside.

Gratitude Jar

Ages	6+
Time	Ongoing
Steps	Add thankful notes.
Why it works	Optimism
Tip	Read weekly.

Cloud Watching

Ages	4+
Time	10 min
Steps	Watch clouds drift.
Why it works	Calm
Tip	Lie on a blanket.

Humming

Ages	All ages
Time	3 min
Steps	Hum favorite tune.
Why it works	Nervous system
Tip	Hum together.

Slow Walk

Ages	5+
Time	10 min
Steps	Walk slowly noticing surroundings.
Why it works	Mindfulness
Tip	No destination needed.