Teaching Our Kids Mindfulness to Get Us Through the COVID-19 Fears

The best advice we can give our children is that they replace worry with love. Love is always helpful. Love is what we need the most right now. And love is something else that we all have the ability to give to one another during this difficult time.

Here are some simple ways you can practice mindfulness with your children now:

1. **Take five breathing:** Sit down, close your eyes or look down and trace your hand with the index finger of your other hand. When you trace up, take a deep breath in; when you trace down, breathe out. Keep breathing and tracing until you have traced your whole hand. (Try this while you are washing your hands!) This practice is a great way to lower cortisol levels, which can spike when you are anxious or worried.
2. **See, hear, feel:** Sit down, close your eyes or look down. Start to notice your surroundings. What do you see, hear and feel in your body? Each time you notice something, you can silently label it “See,” “Hear” or “Feel.” Try that for a few minutes. This practice can help you come back to the present moment when you feel anxious.
3. **Mindful eating:** Try to eat something and really pay attention to it with all of your senses. What does it look like, sound like, smell like, feel like, taste like? Try to eat it really slowly and notice everything about it. This practice can help you to slow down, stay in the present moment and feel gratitude for food.
4. **Remote-control breathing:** Sit quietly, close your eyes or look down. Take three deep breaths. Try to count 10 normal breaths. If you notice that your mind wandered, just note that and start counting your breaths again. You might have to keep bringing your attention back to your breath, and that’s fine.
5. **Try a mindfulness app:** Calm, Hello Mind, Headspace, Mindfulness for Children.



