

## Being Mindful with your senses

We understand how hectic balancing school and family life can be. Taking a few moments to slow down and be mindful with your senses can be very beneficial. Mindfulness can help to improve our ability to concentrate and to regulate emotions.

When introducing children to mindfulness, keep it simple and easy to follow. Try the following exercises in a quiet house after a busy day, or ideally just before bedtime.

### Touch

Ask your child to sit still with their eyes closed, let them explore feathers, sponges and different textured items and describe these textures out loud.

### Listen

As your child is sitting still, ask them to close their eyes and focus on the sounds they hear. You can introduce different sounds like bells, to encourage them to be aware of the sounds and what is happening around them.

### Look

Together take a look out the window, depending on the age of your child, name a letter or a colour. For a few moments, while sitting still, ask your child to think of all the people and objects that they see associated with the letter or colour. You can discuss what they have identified after a few minutes.

### Smell

Using a few items with distinct smells from around the house, ask your child to smell and describe how each scent makes them feel. **(Here are some ideas:** a lemon, an orange, spices, herbs, flowers).

### Taste

Ask your child to try some 'mindful tasting' with their favourite food. Ask them to use other senses to explore the food before they taste it: look at it; smell it; touch it; taste a little bit of the food and listen to the sound - is there a crunching sound? Then ask your child to take their time eating their food, slowly savouring it.



### Senses Body Scan

Ask your child to sit or to lay down and stay still. Start a body scan, by asking your child to focus on their feet and to notice how they feel, then one by one, move throughout the whole body, focusing next on their legs and so on. Encourage them to use as many of their senses as they can.

**You can use these exercises everyday as part of a bed time routine. Now that you have a few suggestions, you can create your own exercises incorporating hobbies or topics of interest, encouraging the practice of 'being mindful with your senses'.**



Check out  
[layasupertroopers.ie](http://layasupertroopers.ie)  
for more fun tips  
and activities!