

Mindfulness means paying full attention to something, taking your time to really notice what you're doing, and living in the present moment. Mindfulness is a form of meditation that offers well-documented health benefits.

When kids practice mindfulness, they become better at being mindful when they need it in their everyday life. This can help kids feel calmer when they are stressed, and more focused when they have to do something difficult or complicated.



**MINDFULNESS CAN HELP KIDS:**

- Pay attention better
- Be less distracted
- Learn more
- Stay calm under stress
- Avoid getting upset too easily
- Slow down instead of rush
- Listen better to others
- Be more patient
- Get along better
- Gain self-control
- Complete tasks
- Feel happier and enjoy things more



There are many ways to teach children practices of meditation and mindfulness, including: books, audio recordings, videos, online training, websites, and more. Take 5ive Mindfulness, a free resource offered through Children's Wisconsin's e-Learning program, is a series of videos that offer guided exercises to develop mindfulness. **Visit [missionhealthykids.org](http://missionhealthykids.org) to get started.**