

Mindfulness Games and Activities



We will...

- When to use mindfulness games and activities
- Tying them into the yoga practice and/or theme
- How to teach and introduce

When to use mindfulness games

- To teach a new mindfulness skill (listening, looking, balance, cooperation, empathy, coordination, proprioceptive awareness)
- To add some spice to lessons
- To let kids play in a way that is less active



How to integrate games into lessons

- Does it match the theme?
 - Put it in place of the yoga lesson.
- Will it take longer to teach/play?
 - Find a set day to focus on that game or several games
- Do you have the time to do a mindful game/activity every class?
 - Make it a part of the routine

Examples

- Winter Yoga: Snowflake Craft
- Partner Yoga: Back to back breathing
- Balancing Pose Yoga: Block walk
- Inversion Pose Yoga: Plow ball pass
- Earth Day Yoga: Earth/Sea/Air
- Gratitude Yoga: Gratitude Rocks

How to introduce

- Varies by game, but think it through!
- Consider the timing (before lesson or right before activity?)
- Consider the materials
- Interactive Model or Do as I Do?



In summary...

- When to use mindfulness games and activities
- Tying them into the yoga practice and/or theme
- How to teach and introduce

Thank you!

