



little renegades

WELCOME TO Little Renegades



THE FOLLOWING PAGES INTRODUCE LITTLE ONES TO THE BASIC PRACTICES OF MINDFULNESS. WE BELIEVE THAT BY GIVING KIDS SOME OF THESE SIMPLE TOOLS EARLY ON, WE CAN HELP THEM FIND STILLNESS, CONFIDENCE, AND JOY IN THE PRESENT MOMENT.

how to use these pages

MAKE THEM YOUR OWN! EACH PAGE OFFERS A PROMPT AND SOME HELPFUL GUIDELINES. USE THEM AT THE BEGINNING OF CLASS TO BRING EVERYONE TOGETHER; USE THEM AT THE END TO PEACEFULLY CONCLUDE AS A GROUP. APPLY THEM HOWEVER THEY'RE MOST HELPFUL TO YOU. WE LOOK FORWARD TO HEARING HOW IT GOES!

MINDFUL AWARENESS

Becoming aware of the present moment through our five senses.



fox ears

PRETEND YOU HAVE
TINY FOX EARS. PUT
THEM ON. WHAT DO
YOU HEAR?

THE EXERCISE

Sit with your little one cross-legged on the floor. Take a deep breath and exhale out. Encourage your little one to snap on imaginary fox ears. Hold the silence with her as long as she'll let you, then ask her to talk about all that she hears.

GUIDING QUESTIONS

What do you hear?
What does it sound like?
Is it soft or loud? Friendly or scary?

THE PURPOSE

Focusing on our five senses can help anchor us in the present moment. The goal is for your little one to notice something that she currently experiences through sight, sound, taste, smell, or touch. Repeating this teaches her that she can always reconnect back to the present moment through any of her core senses.



MINDFUL MOVEMENT

Becoming aware of the present moment through our bodies.



lady bug legs

LAYING DOWN, WIGGLE YOUR
LEGS LIKE A LADY BUG,
THEN PAUSE. NOW, CAN YOU
FEEL YOUR LEGS WITHOUT
MOVING THEM?

THE EXERCISE

Lie on your back next to your little one. Wiggle, wiggle, wiggle your legs around, then stop. Feel free to repeat a few times. Then ask him to keep his legs as still as he can, like a lady bug perched on a branch. Can he feel his legs without moving them? Can he feel his hands without moving them? What about his arms?

GUIDING QUESTIONS

How still can you be?

What does it feel like?

How long can you stay completely still?

THE PURPOSE

Bringing attention to our bodies is one of the easiest pathways back into the present moment. In stillness and in movement, you can direct your little one's attention to different parts of his body so he can feel calmed by the energy moving through him.



MINDFUL MANTRAS

Becoming aware of the present moment through positive affirmations.



fearless feather

WITH YOUR EYES CLOSED,
BREATHE IN. BREATHE OUT.
SAY OUT LOUD,
"I AM BRAVE."

THE EXERCISE

Sit comfortably together with your backs straight. Take a few deep breaths together. Close your eyes. As she exhales, tell her to say aloud, "I am brave." Breathe in again. Try to sit as still as possible as she repeats the mantra again followed by your guiding questions below.

GUIDING QUESTIONS

What makes you feel brave today?
When you are brave, what does it feel like?
When you don't feel brave, what do you do?

THE PURPOSE

Mantras give us a phrase or a positive statement that we can repeat when we feel insecure, upset, or afraid. They can help your little one calm down in order to increase the space between a trigger and her response. Simple phrases like these also work well with anger, nervousness, or frustration when they arise.



MINDFUL BREATHING

Becoming aware of the present moment through our breath.



purple breath

BREATHE IN. WHEN YOU EXHALE,
PRETEND YOUR AIR IS FILLING
THE SKY WITH A BRIGHT
PURPLE AIR.

THE EXERCISE

Sit comfortably together with your backs straight. Pretend she gets to fill the room with her beautiful, purple breath. Inhale deeply. As she exhales, tell her to imagine that her breath is streaming a purple hue all over the room. Repeat a few times. What color would she like to fill the room with next?

GUIDING QUESTIONS

What shade of purple do you imagine when you exhale?

What does it feel like when you breathe in?
What thoughts come to mind as you breathe?

THE PURPOSE

Intentional breathing gives us the ability to anchor the mind in the present moment and deal with life's challenges in a clear-minded, calm, assertive way. Breathing is the doorway into a more conscious mindset that allows us to be fully present, accepting the feelings that come and go without judgement.



MINDFUL MEDITATION

Becoming aware of the present moment through stillness.



still owl

SIT UP, BACK STRAIGHT LIKE
AN OWL PERCHED IN A TREE.
DEEP BREATH. QUIET MIND.

THE EXERCISE

Sit cross-legged, eyes closed, and take a deep breath into your belly. Have your little one hold his position and be as still as possible. Do the same yourself. See how long he'll hold it. If he wants to move, stand up. Take a few deep breaths in and out, but hold the silence. Try lying down. Whenever he's most comfortable, hold that position.

GUIDING QUESTIONS

What does it feel like to be completely still?
What thoughts went through your mind?
Was it hard to stay so still?

THE PURPOSE

This exercise teaches us an early entry point into meditation. By being super still, we can enjoy a deep quiet that helps eliminate stress and brings our minds back to a place of calm. As a nice bonus, mindful meditation is known to increase energy, fight illness, and boosts motivation and productivity.



MINDFUL TAPPING

Tapping different parts of our bodies to bring attention to the present moment.



turtle taps

PRETEND THE TOP OF YOUR HEAD
IS A TURTLE SHELL. TAP IT WITH
YOUR FINGERS. HOW DOES IT FEEL?

THE EXERCISE

Sit or stand with your little one. Breathe in deeply and exhale. Tell him to pretend that his head is like a hard turtle shell that wants to be tapped. Place your hands above your head, and use your fingers to gently tap the crown of your head. Breathe deeply throughout.

NEXT STEPS

If he takes to it, encourage tapping across other parts of his body. There are a few key areas that prove very effective: the top of the head, above the eyebrows, beneath the collar bone, and the center of the chest bone. Have fun with it.

THE PURPOSE

Tapping is a technique used in acupuncture as a means to calm our minds and reduce stress. Tapping works well when negative emotions arise, providing your little one with a physical way to move stress when he is triggered.



MINDFUL AWARENESS

Becoming aware of the present moment through our five senses.



duck feet

WALK AROUND LIKE YOU HAVE
DUCK FEET ON. WHAT DO YOU
FEEL BENEATH YOUR TOES?

THE EXERCISE

Stand barefoot with your little one. Tell her to pretend she is a duck who wants to walk around the room with big webbed feet. Hold the silence with her as she stomps around forcefully. Then, ask her to talk about what she feels beneath her toes.

GUIDING QUESTIONS

What did your toes feel like as you walked?
Was it soft or hard?
Did it make your feet happy?
Did it make you happy?

THE PURPOSE

Tuning in to our five senses can help anchor us in the present moment. The goal is for your little one to notice something that she currently experiences through sight, sound, taste, smell, or touch. Repeating this teaches her that she can always reconnect back to the present moment through any of her senses.



MINDFUL AWARENESS

Becoming aware of the present moment through our five senses.



focused arrow

FIND AN OBJECT IN YOUR
ROOM. PRETEND YOU ARE
SEEING IT FOR THE FIRST
TIME. WHAT'S IT LIKE?

THE EXERCISE

Choose an object within your present environment and focus on it. Encourage the little one to look at this thing as if she is seeing it for the first time. Try not to do anything except focus on the thing you're looking at. Simply relax into watching it for as long as her concentration allows.

GUIDING QUESTIONS

What does this thing look like?
Is it soft or hard? Round or square? Bent or straight?
What purpose does it serve? How does it help?

THE PURPOSE

The exercise is designed to focus us on the beauty and utility of the everyday things around us. Whether it's a spoon or a pair of shoes, it likely serves some purpose in our lives. Help the little one pause to find a new sense of gratitude for the commonplace things that surround us.



MINDFUL BREATHING

Becoming aware of the present moment through our breath.

bear breaths

TAKE A BIG BREATH IN, AND
WHEN YOU EXHALE, GROWL AND
LET YOUR BIG BEAR ROAR OUT.



THE EXERCISE

Sit comfortably together with your backs straight. If she's up for it, encourage her to put both hands on her belly. Let her breathe in through her nose and out through her mouth, watching her belly move up and down as the air fills her body. See if she can let thoughts rise and fall as they come through.

GUIDING QUESTIONS

What does it feel like when you breathe in?
What about when you breathe out?
What thoughts come to mind as you breathe?

THE PURPOSE

Intentional breathing gives us the ability to anchor the mind in the present moment and deal with life's challenges in a focused, calm, assertive way. This helps her understand that her breath can be the doorway into a more positive mindset that allows her to be fully present, accepting the feelings that come and go.



MINDFUL MOVEMENT

Becoming aware of the present moment through our bodies.



tree knees

STAND UP STRAIGHT. BRING
YOUR LEFT FOOT UP TO YOUR
RIGHT KNEE. ARMS UP ABOVE
YOUR HEAD. POSE LIKE A TREE.

THE EXERCISE

Stand tall with your little one. Arms up above your head like a pointed arrow. If he's able, encourage him to pull his left foot up so that the inside of his foot is hugging the inside of his right knee. He'll likely wobble back and forth. After a while, switch sides. Have fun with it. See how long he can hold the pose.

GUIDING QUESTIONS

What does it feel like to be completely still?
Was it hard to stay still and balance on one foot?

Which side was easier for you?

THE PURPOSE

A classic yoga pose to encourage balance, this little stretch will be a fun and wobbly way for your entry point into a slightly more challenging position. The stretch will not only work to strengthen his core, but it also gives him a way to be completely focused on his body.



thank you!

THESE EXERCISES ARE A SAMPLE OF A LARGER PRINTED DECK AVAILABLE
ON OUR WEBSITE. TO LEARN MORE ABOUT OUR MINDFULNESS FOR KIDS
PRODUCTS, VISIT US AT

www.littlerenegades.com

WE LOOK FORWARD TO HEARING FROM YOU!
FOR QUESTIONS, COMMENTS, OR FEEDBACK, SHOOT US A NOTE AT
info@littlerenegades.com

