

## 8 Mindfulness Games, YouTube Videos, and Apps to Support Your Teachings

Technology offers learning and development for these practices. To ensure that you are using technology to your advantage when it comes to teaching children mindfulness, give some of these resources a try.

### Mindfulness for Children: Meditations for Kids

This is an application that can be downloaded through the Android app store, iTunes, Google Music, or the Apple app store. Multiple versions are available. There are a few versions that must be purchased and one free version, which offers fewer conveniences than the paid versions.

This app is centered around guided meditation. It is designed to help children relax before bed. Nature sounds and instructions start the sessions. The app can guide the user through a body scan, visualizations, and breathing exercises.

Reviews for this app have been positive and the developers report that parents have seen a reduction in ADHD symptoms by using this app.

For more information or to give this app a try, visit the [website](#).

### Smiling Minds App

Another application that is popular for children as young as seven is the Smiling Mind app. This app is available through the Apple app store as well as the Google Play store. It is free to download and use.

This app offers similar features to the Mindfulness for Children app, including a body scan activity. There are dozens of modules with hundreds of sessions available, each customized for well-being, education, and the workplace (for adults).

If you'd like to check out the reviews for this app or learn more about it, visit the [website](#).

### Still Quiet Place

If you'd like to use a video to help your kids learn how to practice mindfulness, the "Mindfulness Exercises for Kids: Still Quiet Place Video" is a great resource. This animated video can help students learn how to go to a "still quiet place."

Check out the video here, and scroll down to the link below the video to see more activities from GoZen.com.

## Mindfulness Games for Kids

Several interactive games are available on the [Kids Activities Blog](#). Here are just a few:

1. Blowing bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.
2. Pinwheels. Use the same tactics from blowing bubbles to encourage mindful attention on the pinwheels.
3. Playing with balloons. Tell your kids that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently. You can tell them to pretend the balloon is very fragile if that helps.
4. Texture bag. Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, forcing them to use only their sense of touch to explore the object.
5. Blindfolded taste tests. Use a blindfold for each child and **have them experience eating** a small food, like a raisin or a cranberry, as if it was their first time eating it.

If you want to know about more games you can play with children to teach them about mindfulness, check out the book [\*\*\*Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families\*\*\*](#) by Susan Kaiser Greenland.