



1. Make sure they are ready to give mindfulness a try.
2. Keep the purpose of mindfulness in mind - don't use it as a disciplinary tool.
3. Practice mindfulness yourself.
4. Set a daily routine for practicing mindfulness.
5. Explain to your child what mindfulness is and what it is not.
6. Put it in an age-appropriate way.
7. prepare the environment for a succesful practice.
8. Involve them in the process of planning and practicing mindfulness.
9. Offer to practive with them or show them how it's done.
10. Encourage them to accept their wandering mind, and show them how to bring it back on task.
11. Finish the practice by doing something they enjoy.
12. Share your mindfulness experiences with them.
13. Encourage them to share their mindfulness experiences, good or bad.
14. Practice every day.
15. Use a script if you are not comfortable with leading the practice.