



Mindfulness: Candle

Mindfulness practices have been found to increase attention, focus, patience, feelings of calmness, and limit emotional reactivity. Practice mindfulness exercises that can help children increase their awareness and control.

Dim the lights and invite children to sit and face either a slow color-changing light or a flameless tea light candle. Tell children that you will time them to see if they can watch the candle or light for 10 seconds. Prompt children to, “breathe in... breathe out,” over the 10 seconds.

Challenge them to hold their gaze for longer each time you do the activity.

Even though you are timing them, make sure it stays calm and focused rather than a rowdy game.

More Support: Dim the lights and as they watch the candle or color changing light, use a calm voice to narrate what they are seeing.