

October 22 - 26 2023

Mindfulness Simplified



Mindfulness extends far beyond the ability to be in the present moment. Mindfulness provides brain wellness and maintenance through effective tools.

We ask kids to excel in their academic journey.

Mindfulness has a lot to do with that journey! through mindfulness kids learn to identify a spectrum of feelings and how to regulate emotions. Learning how the brain works and how to utilize it to focus, learn better, be kind, and compassionate.

Benefits of Mindfulness



Enhances focus.



Improves social skills.



Improve overall wellbeing.



Mitigate the effects of bullying.

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Mindful Tips

Can Be Practiced During The Fall Break.



Kids are great observers they don't necessarily learn by being told per se but by witnessing how you act and express emotions (verbally and non-verbally – they are amazing at picking up emotional cues as well.

Having everyone onboard as part of a sustainable ecosystem where mindfulness is integrated into school curriculum and embodied both at home and in the school setting will help your child reap the utmost benefits.

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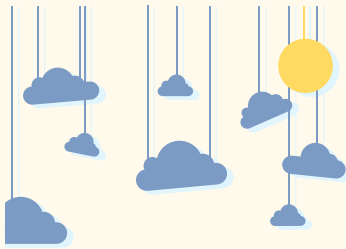
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Mindful Tips

Can Be Practiced During The Fall Break.

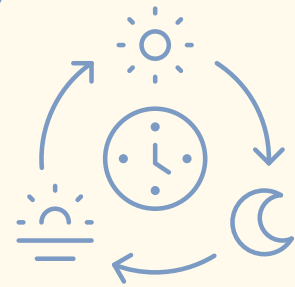
The importance of staying consistent in incorporating mindfulness part of the child's daily life.

1



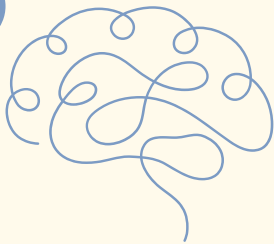
Prepare the environment

2



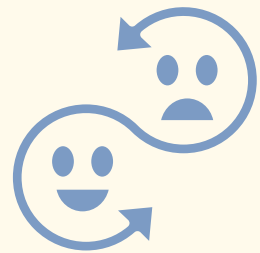
Create a routine
Use positive association

3



Practice mindfulness yourself

4



Encourage children to share their emotions



1 Prepare the environment

Dim the light (or use natural light), avoid constantly having loud TV or music in the background, tuck the gadgets away. **Limit screen time** to an absolute minimum (Kids under 5 should have less than 1 hour of screen time per day) -American Pediatrics Association. Screens in general have an opposite effect to what we consolidate in mindfulness. As a replacement for screens/ TV, **you can have calming white noise in the background.**

As the weather is getting better, you can have a stroll in the AlShaheed park, or perhaps in the chalet, or if you're visiting grandma's house- give your child during that time the blessing that is **'free play'** and let them explore!

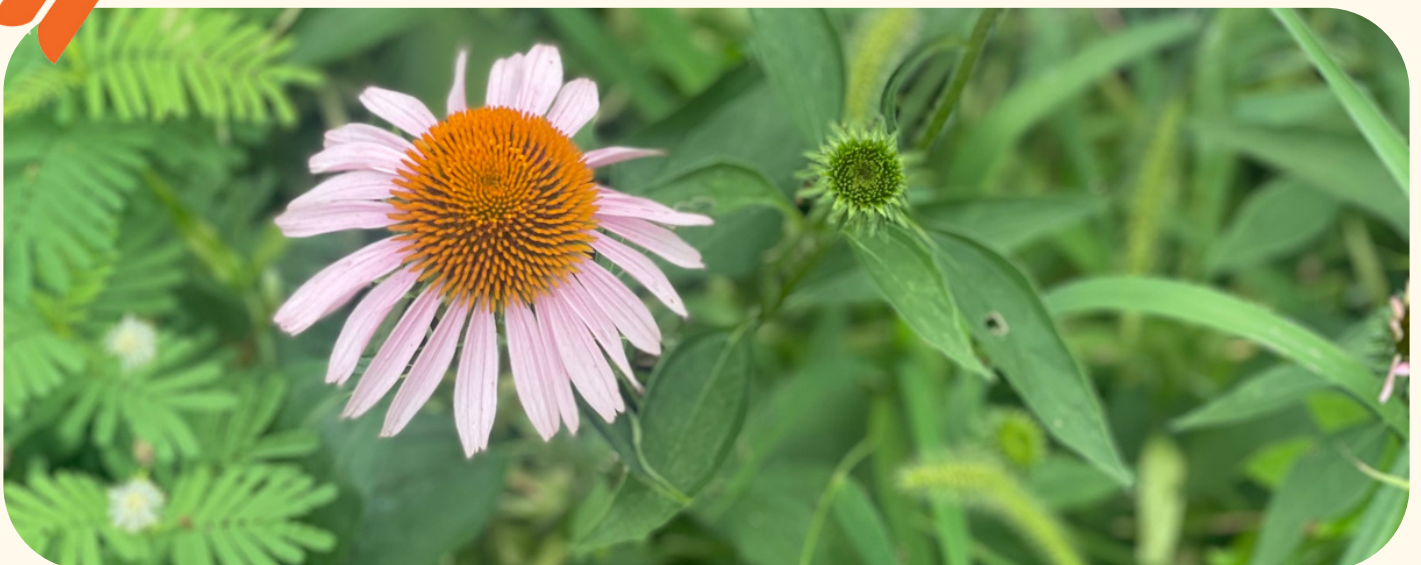
Kids are absolutely intelligent and can pick up on the slight changes around them. Also, we have been practicing **mindful senses**. Where kids pick up and identify sounds in their background and be mindful of changes in their environment.

E.G. sounds of birds chirping, clouds moving & different colors in the sky, etc..



Instigate a Conversation Afterwards

- * **Did you play outside? That's exciting, could you tell me what did you hear?**
- * **What did you see? How did it look like?**
- * **How did it felt? (if perhaps he was touching sand or grass)**
- * **How it did smell?**
- * **How do you think we can be kind to nature, to the sea, to flowers?**





2

Create a routine

Use positive association

Make it a habit, we usually ask kids to breathe when a difficult emotion arises or when they are upset. Breaths shouldn't be associated only with difficult emotions. Practice breathing with kids on different occasions throughout your day.

Make it fun and playful, kids learn a lot faster if they are having fun.

We covered together:

- Bubble breathing
- Flower breathing
- Belly breathing.

Ask your child to see which one they can **recollect from the breathing exercises.**

In Mindfulness, kids learn through associating a lesson with fun activities like playing or singing - so that they can easily memorize the lesson and can recall it with ease when needed.

After modeling and using the prompts such as the bubbles in 'bubble breathing' or the flowers in 'flower breathing', we **gradually start fading the prompt out** and maintain using the skill of breathing on its own.

Mindful Happy Childhood ® Curriculum



Being Mindful

Now, these might be wonderful tips, but how can we fit them within a busy day?



You might wish to practice the mindful breathing exercises, while tucking your little one in bed before going to sleep or perhaps in the morning when they wake up. We made it easier for you by having this recorded calm belly breathing exercise, so that you can play it in the background and enjoy breathing with your precious ones.





3

Practice mindfulness yourself

Mindfulness is not just a lesson taught in a classroom, it extends far beyond that.

Mindfulness is about embodiment; especially with our precious ones in the early years, they get to observe their surroundings and people around them - how we mindfully respond to things, express and carry ourselves, then they start mirroring what they observe.

Watching how we conduct ourselves in their presence would be a great place to start.

Mindfulness On The Go Method Breaks Down Mindfulness Into Bite-Size, So You Can Practice Them With Ease

Things can be very busy for you as a parent, and life can get in the way, sometimes. That's why we created this **effective strategy with real-time tools** that doesn't take more than **2 minutes to practice** and reap the benefits from.

[READ MORE](#)



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Being Mindful

Now, these might be wonderful tips, but how can we fit them within a busy day?



*Click here to
access tools*

STRESS REDUCTION STRATEGY (REAL-TIME TOOLS)

BY MINDFULWITHLAMA



4

Encourage children to share their emotions

Having a conversation and introducing our little ones **to the big spectrum of feelings**, it gives children the language for what they are experiencing and helps them understand emotions better.

Young children benefit from simple explanations, while older children may need a safe space to talk. Open communication builds trust, rapport and helps children develop resilience. Encourage your child to express their feelings and provide validation when they do.



Instigate a Conversation Afterwards

- * **Ask your child how they are feeling after a fun outing? or a small conflict and in different occasions - so that they get acquainted with distinguishing and expressing different feelings.**
- * **Help them put the feeling into words:** Giving children the ability to put feelings into words is very important! empowering them with the right tools. To be aware, patient, empathetic, and supportive.



Mindfulness of Emotions

Can come in handy, especially when resuming back school after the fall break

It Is Hard To Completely Relinquish Control

It is not easy to completely relinquish control, so always involve your child in decision-making in 1 or 2 things so they feel a sense of control in the drop off experience.

“Which outfit you want to wear today?”

“Do you feel like listening to music?”
What you want to listen to?

“How many hugs/ kisses you want momi or papa to give you?”

Kiss their hand and tell them: “so that momi’s love stays with you all day” and let them know when you’re picking them up. Momi coming after 2 hours to pick you up. Okay?

Help Them Visualize

Answer as many questions as possible. Answers for the our most wonderful mindful little ones gives them comfort, makes the transition from home to school so much easier, and it helps them visualize scenarios.

Help your child visualize. If you know their friends tell them “I know, Hamad and Abdullah will be there & they must be excited to see you! What will you play together?”

Give the child something to look forward to and follow through. E.G. “When we go home after I can’t wait to read you the dinosaur book, go Dida’s house, or have popsicles.



Give Information and Make It a Conversation

“Remember, you’re going to have some play time, have a snack, go outside, have lunch, take a rest and then i’ll pick you up”

Building Kindness and Empathy

To teach and build empathy, first focus on the child before asking them to think about others. Examples of prompts to teach empathy include:

- * **How did you feel during that moment?**
- * **How do you think ____ felt?**
- * **What did you need?**
- * **What do you think _____ needed?**

Children need to focus on mastering first the skill of regulating and calming down before engaging in self-reflection or empathy. It may take some time before they can reflect or practice empathy, but the more practice they get, the more ready they'll be to do it the next time.

This exercise can work on humans, plants and animals. E.G. How do you think we can be kind to flowers, or trees? Do you know how tree can help us live better?





ABOUT LAMA AHMED

Mindfulness | Facilitator | Educator

Certified Mental Health First Aider



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

Emotional Intelligence Facilitator by SkillPath.

Trained in **Trauma Informed Practice** by TCTSY

JRI in MA Boston.

Lama has engaged in a **disciplined personal mindfulness practice for over 8 years** and transformed her knowledge through **Mindful Leader®** to businesses in which she trained hundreds of Professors, faculty members, CEOs and business executives. Lama is trained in Mindfulness Self Compassion, Mindfulness of Emotions and Stress-Reduction **MBSR**.



BROWN



ABOUT LAMA AHMED

Mindfulness | Facilitator | Educator

Lama is a Communication Specialist by profession, trained in **Mindfulness of Emotions** directly under Suvas Vajracharya – Chair, Founder, and WELLKIND's executive board of directors. Lama is trained in **Mindfulness- Based Stress Reduction - MBSR** from Brown University NY. A program by Dr. John Kabat Zen. Lama is trained in **Trauma Informed Practice** and has 20h of training Trauma Center TCTSY + 20 supervised hours – from Justice Resource Institute- JRI in MA Boston (Trained under the supervision of the EU division with Esther VD Sande – Somatic Psychotherapist – EMDR Clinician). And **Emotional Intelligence Facilitator** by SkillPath a program by Daniel Goleman, Ph.D. Lama is a **Registered Yoga Teacher** certified with Yoga Alliance organization.

Lama created **Mindful Leader**® based on her diverse background working with a vast community of adults in leadership roles, young adults in the workforce, and the knowledge gathered from using different scientific evidence-based disciplines. With an intent to create program that is effective, applicable to our region, and most importantly empowering (doesn't require individuals to be co-dependent but rather independently know how to use the tools they have at their disposal with the liberty to shape them as they see fits. Part of which is **Mindful Happy Childhood**® Curriculum that was created after working 4 years with children with focus on the early years and mindfulness.