

# Connected Kids

## 5 Top tips for helping children reduce anxiety of transitions (home/school)

(Plus enjoy our [exclusive discount](#) – see below – ends soon.)

(by author and founder, Lorraine E Murray)

### 1. Don't wait for the transitions – teach them mindfulness now!

It's a good idea to teach kids meditation when there aren't any triggers for their anxiety or stress. That way they will be able to focus and learn simple mindfulness tools that they can use when they really need them (teaching them that they carry this internal 'calm' button)

### 2. Teach them how to notice body signals

You can teach kids to notice what happens in their body when they feel anxious. Ask them to sit with their eyes closed then pay attention to their body. Ask them to notice what happens when they think of something/someone they don't like – does their body 'speak' – eg do they feel something? Get them to reset using the out-breath technique (no.3 tip) and then try again this time thinking of what/someone they like. This way they get to read their own signals so they know they are getting stressed (and when they are happy).

### 3. Teach them the out - breath

Focussing on (and lengthening) the out-breath can help calm the nervous system; this means that we can help prevent children going into fight/flight/freeze. Younger children can focus on the sound of their breath as they breathe out (to hold their attention) and older kids can simply feel the breath (warmth/coolness/sensation)

### 4. Teach them the tummy breath

Invite your kids to place their hands on their tummy. When they breathe in the tummy sticks out. When they breathe out, they tummy relaxes. This helps send a relax signal to the brain.

### 5. Check your own stress isn't rubbing off on them...

Kids pick up on the stress of other adults around them. So in order to help them we have to pay attention to the stress signals and take a breath too. By doing this, it helps them!

For more information about teaching children/teens meditation (with or without special needs, ADHD, or autism) visit [www.teachchildrenmeditation.com](http://www.teachchildrenmeditation.com) Online courses in mindfulness or meditation CDs available too.

**\*\*Exclusive offer – ending 31<sup>st</sup> May 2018\*\***

Save £25 (approx \$35/30 euros) – on our online Connected Kids course for beginners (level 1). Use the code MINDFULME in the shopping cart.

<https://www.teachchildrenmeditation.com/meditation-benefits-connected-kids-training/connected-kids-online-course-calm-kids/>