

Mindfulness Workshop for Young Children



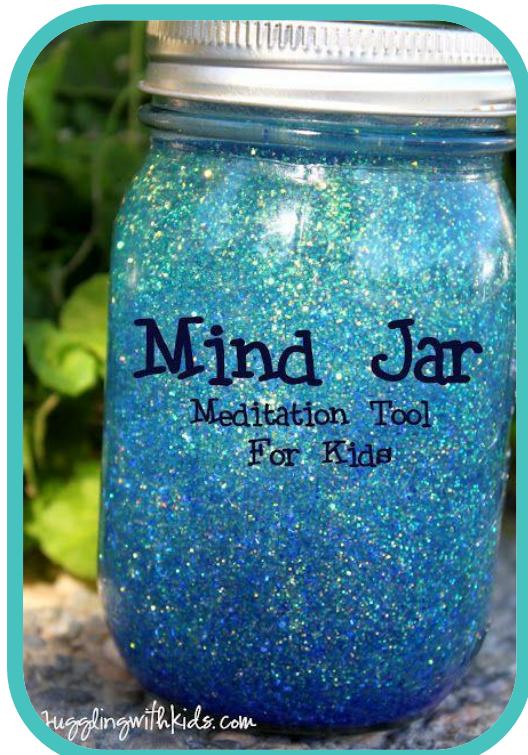
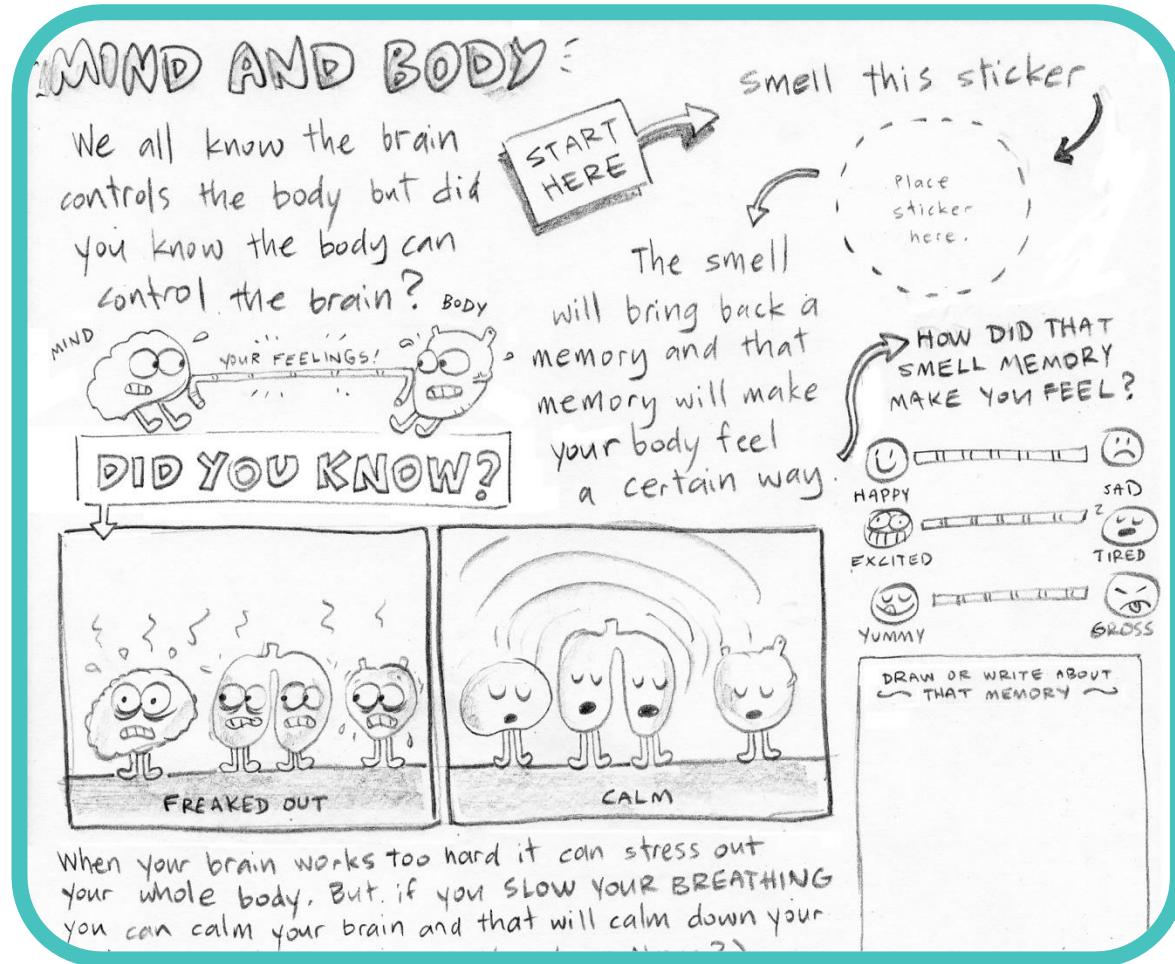
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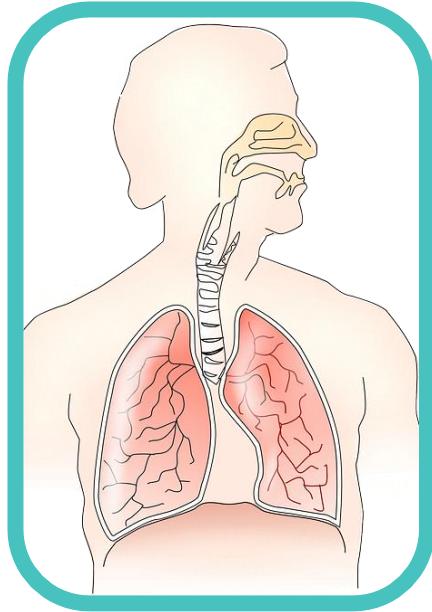
SOUNDING THE SACRED IN NEW YORK CITY



Rough draft: Focus on the central theme of calm and relaxation with kids



**Draft with edits: Moved to more of a sensory focus
tied to neuroscience and religion connections**



Breathing

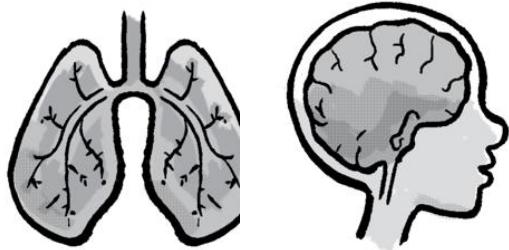


Hearing



Seeing

Final version: Mindfulness Breathing - pinwheel breathing exercise



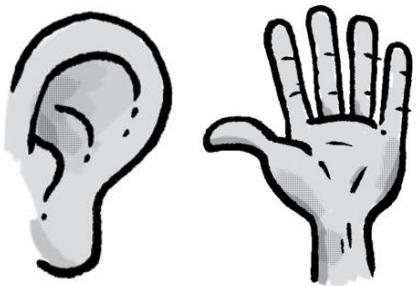
The breath is the body's natural stress reliever.



Many religions and cultures use slow breathing to focus



Final version: Mindfulness Listening - mystery sound shakers



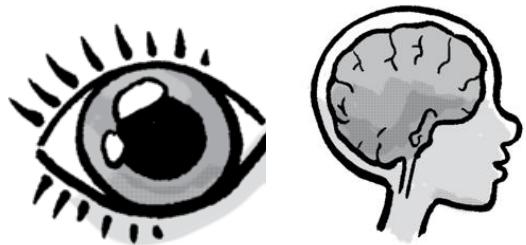
We have to pay close attention to hear and feel the small differences in sound between some of the mystery objects.



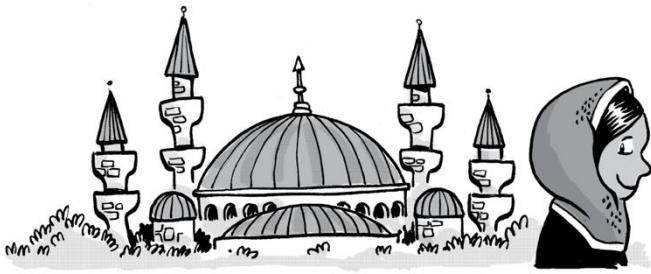
Many religious practices are based on chanting, vocal music, and the spoken word – using sound and vibration.



Final version: Mindfulness Noticing - tessellations and patterns



Patterns are all around us. Our brains recognize patterns to help us understand the world and communicate.



Many religious practices use repeating patterns to show connections to natural or divine ideals.



Each activity has:

- **Activity guide with preparation and facilitation tips**
- **Science connections stand-up sign**
- **Religion & Cultural connections stand-up sign**

MINDFULNESS LISTENING



Use your senses and concentration to identify and match mystery sounds.

Science Connections

We have to pay close attention to hear and feel the small differences in sound between some of the mystery objects.



There are strong connections between areas of the brain that we use to process hearing and touch.



Both of these senses might have evolved from the skin. There is also evidence of crisscrossing between hearing and touch in brain imaging.

MINDFULNESS LISTENING

Religion and Cultural Connections



Many religious practices are based on chanting, vocal music, and the spoken word—using sound and vibration.

Drumming ceremonies, using deep-toned mantras like “om” during meditation, and the spoken and sung words of prayers are examples.



Many worship spaces traditionally were designed to favor either speech or music.

Tones and vibrations can create a shared experience during ceremony and add to a communal experience.

Workshop materials include:

- **What is Mindfulness? facilitator guide**
- **Event name badge templates & sign**
- **Mandala reflection activity**

Fill out one of the petals to make a mandala with us!



How does this topic make you feel?
Does it bring a story to mind?
Draw or write your thoughts on this side.

