



# 057 Mindful KIDS

Working on mindfulness using different relaxation techniques

## Miniland Product Game

Mindful KIDS Experience is an integral recreational program geared to working on different Mindfulness techniques: **breathing, relaxation, yoga, meditation, massages and mandalas**. The toy includes 6 discs to work on 4 techniques with 36 different activities. Plus, the digital game completes the experience with 2 more discs featuring massage and mandala techniques in 12 different activities. The sessions can be personalized in accordance with the techniques, number of participants and the length of the session itself, which varies from 5 to 60 minutes. The toy comes with a printed educational guide with details of each of the techniques and games comprising the Mindful KIDS experience.

## Mindful KIDS experience

The digital experience includes games with animations and music which guide and place the activity into context. This provides a step-by-step view of all the techniques with start and end of activity sounds and a timer to control the length of the sessions. We recommend an adult supervise the activity the first few times using the information in the guide. Steps to be taken:

- 1 Select a technique and place the corresponding disc in the top.
- 2 Select the same disc on the digital board, computer or tablet.
- 3 Spin the top and select the same image that appears on the digital board.
- 4 The recreational activity is conducted following the instructions for the exercise step-by-step.

### Physical /digital discs:

- **Breathing.** Some of them feature manual advance (pressing the forward arrow) as the breathing capacity changes as one exercises.
- **Relaxation 1.** Based on tension and muscular distension.
- **Relaxation 2.** Based on tension and muscular distension using the opposites technique.
- **Yoga 1.** Natural elements. Starts with a short animation and then shows the technique step-by-step. At the end a stopwatch is used to measure the time for which the position is maintained and to register surpassing these times.
- **Yoga 2.** Animal positions.
- **Meditation.** The singing mantras activity includes two tunes: one based on the well-known mantra "Om mani padme hum" and another musical base to invent mantras.
- **Messages.** (only in Playminiland) 6 types of massage, which can be conducted in pairs or in the train position, where the person behind gives the person in front the massage.
- **Mandalas.** (only in Playminiland) 6 different downloadable black and white mandalas to print out and color in.



Fig 1



Fig 2



Fig 3



Fig 4



## Educational content

### Physical Education

- The body, postural control, coordination of movements, balance, control of breathing, relaxation, etc.
- Sensory and affectionate capacities.

### Music

- Capacity to listen to and be interested in music.
- Body expression through music and sounds.

### Language

Vocabulary related to concepts of mindfulness.



## Compatible Miniland Material

- Ref. 31898 Mindful KIDS

### ICT

Use of a digital environment.

### Multilingual education

Vocabulary and speaking.



## Age

+2 years.



## Themes

Yoga and relaxation.