

Mindfulness Strategies

These are used to help center ourselves or children if we become dysregulated.

1



Deep Breathing: Breathe in through your nose and out through your mouth. Focus on pausing for 1-2 seconds in between inhale and exhale. Focus on the pause.

2



Centering with Objects: Observe 3-5 items on a table and have each person describe them using only subjective words. i.e. "the 4 inch metal yellow school bus"

3



Pleasant Imagery: Shut your eyes and picture the place you feel the most safe. Think about what you can feel around you, smell, hear, and see in the area.

4



Sounds of a Bell: Tap a bell or chime. Listen to the sound until it slowly fades away into complete silence. You can do this as many times as needed.

