

Compassion Kit

Preschool - 2nd Grade

Mindfulness, or feeling fully present, is one way for everyone to practice self-care and compassion. Here are several activities to do along with your child to help increase their sense of calm and well-being through eating mindfully, consciously breathing, and tactile awareness.

Thanks to Healing Hearts of Southeastern Wisconsin for their help developing many of these exercises.

Decorate Your Box

Supplies Needed: Any Empty Box

Use your favorite crayons, markers, or colored pencils to color and draw on the panels of the box. Add stickers too! You can even draw on the folds so your drawing wraps around the box. Use your box to keep special items and memories.



Mindful Candy

Supplies Needed: Chocolate Kisses Candy

Hold the candy in the palm of your hand and look at it. How is it shaped? How is it wrapped? Slowly unwrap the candy kiss. How does it sound when you unwrap it? How does it smell? Place the candy on your tongue and roll it around in your mouth. Try not to bite into the candy. How does the chocolate taste as it slowly melts in your mouth? Spend a few minutes thinking about how it tastes and smells and how that makes you feel. Does this change how you think about eating food? Try eating another food mindfully – a raisin, banana, any food will do.



Breathing with Bubbles

Supplies Needed: Container of Bubbles

Look at the container, feel the container in your hands, notice the color of the container, notice how your hands feel as you open the container. How does it feel to dip the bubble wand into the liquid? How does it feel in your lips, throat, lungs, belly, and arm as you raise the wand to blow a bubble? Take a big breath in and slowly blow out to make a stream of bubbles. Notice the bubbles you blow – how large or small are they? Continue slowly blowing bubbles for as long as you'd like. How does your body feel after you are done?



Play Dough

Supplies Needed: Container of Play Dough

Open your play dough container. How does the play dough feel in your hands? How does it smell? What color and shape is it? How does it feel when you squish it into different shapes?

