



MINDFULNESS & BRAIN BREAK ACTIVITY GUIDE

For kids, parents, and educators – simple, fun ways to reset the brain and body!
A toolkit to help young minds pause, reset, and find balance.





WHY BRAIN BREAKS?

Too much screen time leaves our brains foggy, our eyes tired, and our moods fried. These quick activities give your body and brain a chance to recharge – so you can focus better, feel calmer, and enjoy tech in a more balanced way. *Use them for every one hour of screen time.*

BALLOON BREATHING

Imagine you're holding a balloon.

 **Inhale** through your nose slowly (count to 4)

 **Exhale** through your mouth as if you're blowing up the balloon (count to 6)

Repeat 3 times. Feel your shoulders drop and your thoughts slow down.


Why it helps: Balloon Breathing slows your breath and relaxes you, helping you feel calm and focused.

20-20-20 RULE (FOR EYE & BRAIN HEALTH)

Every 20 minutes of screen time:

 Look at something **20 feet** away

 For **20 seconds**


 **Bonus:** Say one kind thing to yourself while you do it!


Why it helps: It gives your eyes a break from screen strain and gives your brain a reset.


THE FIVE SENSES RESET

Pause and name:

 5 things you **see**

 4 things you **hear**

 3 things you can **touch**


 2 things you can **smell**

 1 thing you can **taste** (or wish you could!)

Why it helps: This quick check-in grounds you in the present moment. Tune into your surroundings.

CROSS-BODY WAKE-UP

Great for mornings or midday fog:

 Touch your left knee with your right elbow

 Switch sides—right knee, left elbow

 Keep alternating for 30 seconds

Why it helps: Gets both sides of your brain working together!

MINDFUL BODY SCAN (SHORT VERSION)

Sit or lie down. Close your eyes if you're comfortable doing so.


- Notice your toes. Wiggle them. Relax.
- Notice your legs. Are they tense or soft?
- Move your awareness up through your belly, chest, arms, and head.
- Take your time. Say “thank you” to each part of your body as you go.

Why it helps: Helps you slow down and check in with yourself.

TRUE KIDS 1
YOUTH MEDIA & TECHNOLOGY


NEW MEXICO
COMMUNITY TRUST
With funding from the NM Google Kids Initiative
and the New Mexico Office of the Attorney General

BOX BREATHING (SIMILAR TO BALLOON BREATHING)


 Sit or stand still.

Inhale for 4 seconds, **hold** for 4, **exhale** for 4, **hold** for 4.

Repeat 4 times.

Why it helps: It lowers stress and helps you focus.


BE A SUPERHERO

 **Pause** everything.

Stand in a **superhero pose** and take **3 deep breaths**.

Why it helps: Superhero pose automatically boosts confidence and self-esteem.

DOODLE DISTRACTION

 Grab paper and draw something silly, calming, or totally random for 5 minutes.

Why it helps: Gives your brain a creative rest and helps manage screen fatigue.

WALK & TALK

Get up and walk while talking with a friend, family member, or yourself!

Why it helps: Movement wakes up your body and makes space for new ideas.

KEEP IT KIND & INTENTIONAL

Ask:

- Am I being **kind**?
- Is this screen time **helping** or **hurting** me right now?
- What do I really **need** in this moment?

BONUS: SNACK BREAK CHECK-IN

Before you eat or drink something:


1. **Look** at it closely – what do you notice?
2. **Smell** it – what does it remind you of?
3. Take one slow bite or sip.
4. **Enjoy** it with your full attention. (**Screens off!**)

TIPS FOR GROWNUPS & EDUCATORS

- **Model It:** Kids mimic adults – use these tools too!
- **Prep for Transitions:** Use these breaks before switching tasks or after long screen sessions.
- **Keep breaks short and simple:** 1 – 5 minutes.
- **Create a Routine:** Make mindfulness a habit, not a chore. Invite – instead of forcing – participation.
- **Let Kids Lead:** Ask them what works and what feels good.
- **Praise Practice, Not Perfection:** Every small try counts.

Let's help kids create healthier screen habits – **one mindful moment at a time.**

 **Download more free resources, like our KIKI Code Posters and Family Screentime Contracts, at:**

 TrueKids1.org/KSP

