

Increase Happiness With Savoring And Mindfulness

Step 1 – Identify Happy Moments

This first question is similar to gratitude practice. You simply consider something that may occur in the future that gives you joy. Ask the children one of the following questions:

“What would make today great?”

“Can you think of an everyday activity that brings you joy that you can do today?”

“Can you think of something small that will make you happy that you can do today?”

Step 2 – Plan a Happy Event

Ask the children one of the following questions:

“What will you do to make this day great?”

“What are you going to do to make this day special?”

Step 3 – Savor the Moment

Instruct the children to take a brief pause while experiencing the event of choice and simply pay attention to how they feel. Later, ask them how it felt. You might get surprised by their answers.



With Gratitude and Love,
Chris Bergstrom

- Founder of Blissful Kids

More from Blissful Kids



[Easy Mindful Breathing For Kids](#)

A video activity toolkit you can view in less than 50 minutes with 25 breathing activity cards, that will help you make practice easy and engaging for both children and yourself.

“This course showed me how easy it is to get kids to practice mindfulness and belly breathing in order to calm themselves down!” – Stephanie Hall, Educator

[150+ Mindfulness Activities For Kids](#)



“Awesome guide”

“Activities for busy lives!”

“Huge variety of helpful mindfulness practices for different ages and personalities”

“Very accessible for beginners and practioners a like”

“Great tool for parents and teachers”



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