

Mindful Photography For Kids-A Practice to Cultivate Mindfulness and Gratitude:

Definitions for Kids:

Mindfulness: Having your brain and body in the same place at the same time.

Gratitude: Thinking about what is good in your life and giving thanks.



Mindful Photography Practice:

Photography is a great way to have kids practice both mindfulness and gratitude. You can do this activity daily at home or on walks around your neighborhood!

I have generated some prompts to get you started but this is something you can be creative with!

Prompts:

- Take a photo everyday of something that made you happy. Show someone the picture and tell them about your happiness!
- Take a photo of something that has your favorite color in it.
- Take photos of all of the signs of spring you can see on a walk.
- Take a photo of your family. Pose them however you would like!
- Take a photo of something that made you smile.
- Take a photo of shadows.
- Take a photo of different square/round/triangle items you can find.
- Take a photo of a shape you see in the clouds. Now show the picture to someone and have them guess what it is.
- Take a photo of the food you ate. Now look at the picture and try to remember how the food tasted and smelled. Describe it to someone.
- Take a photo that describes your mood. Are you feeling happy/sad/worried/excited? Show the picture to someone and talk about how you are feeling.
- Take a photo of something cool in nature.

This idea was loosely based on a mindful photography curriculum designed by The Center For Healthy Minds at The University of Wisconsin-Madison. All prompts and definitions of mindfulness and gratitude are my own. For more information about the curriculum:

https://greatergood.berkeley.edu/article/item/how_photography_can_help_cultivate_mindfulness_and_gratitude