

# Buffer Child Trauma Through Mindfulness

**Adverse Childhood Experiences (ACEs)** are common. As our world is navigating through a global pandemic, this environmental trauma is compounding for so many children and families that were already living with ACEs. Let's support our families, children and society through mindfulness.

## What is Mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment, through a gentle, nurturing lens.

### BENEFITS OF MINDFULNESS:

#### Wellbeing and Mental Health



As well as helping them to recognize worry, manage difficulties and cope with exams, developing a more mindful awareness also helps children and young people to appreciate what is going well and to flourish.

#### Concentration and Cognition



Mindfulness trains us to understand and direct our attention with greater awareness and skill. This may improve the capacity of children to concentrate and be less distracted, as well as their working memory and ability to plan.

#### Social and Emotional Learning



Mindfulness is often taught in the context of PSHE. It helps to develop a greater awareness of relationships and how to manage them (including difficult ones at home), as well as offering a richer understanding of things like self-esteem and optimism.

#### Behavior



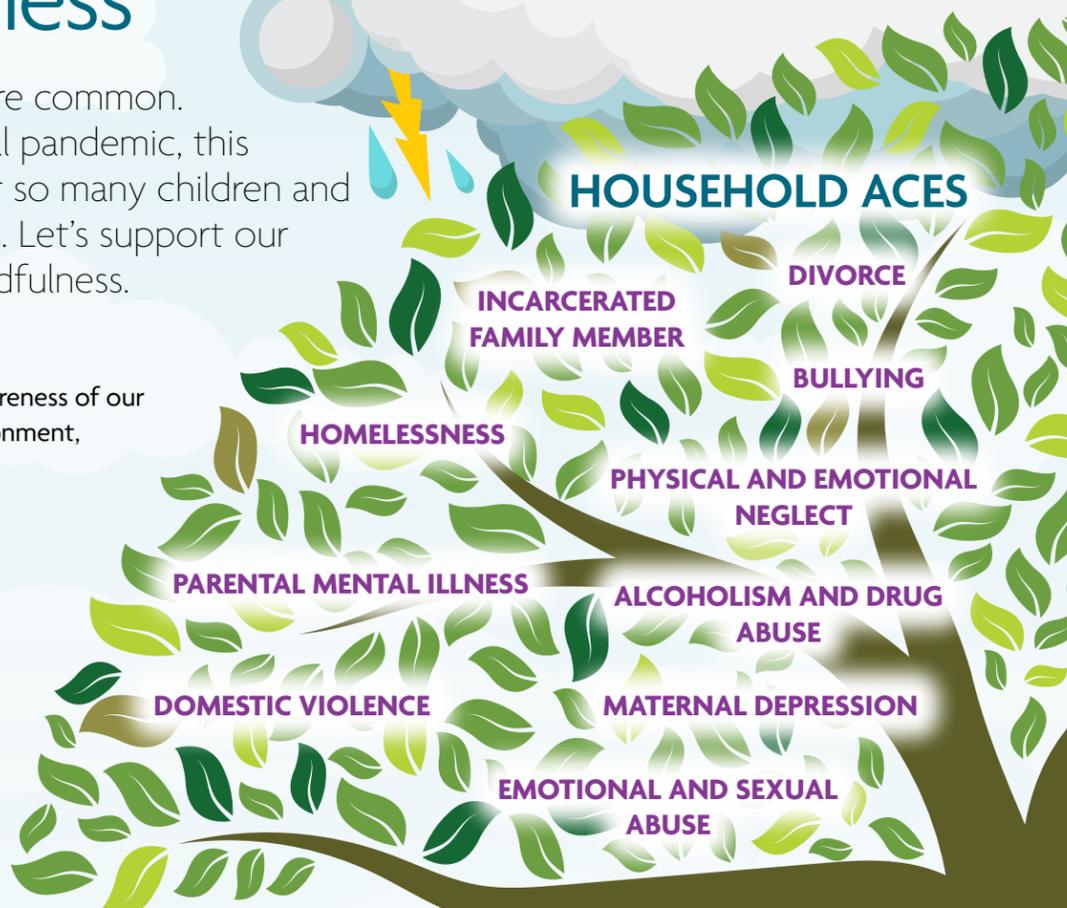
Mindfulness may help the young to self-regulate more effectively, manage impulsivity and reduce conflict and oppositional behavior. It should not, however, be used as a disciplinary tool.



## ENVIRONMENTAL ACEs

NATURAL DISASTERS  
CLIMATE CHANGE PANDEMICS

## HOUSEHOLD ACEs



## 7 Tips to Help Children Practice Mindfulness Successfully

- Use it for Positive Situations Only
- Practice Mindfulness Yourself
- Create a Daily Routine for Children
- Prepare the Environment
- Involve Children in the Decision-making Process
- Share Your Experience of Mindfulness
- Encourage Children to Share Their Experiences

## Mindfulness Practices for Children

- Breathing Exercises
- Take a Walk in Nature
- Yoga
- Practice Gratitude
- Create A Bedtime Ritual

Details on these and other mindfulness practices for children can be found online at [www.momjunction.com/articles/mindfulness-activities-for-kids\\_00487342/#17-fun-mindfulness-activities-for-children](http://www.momjunction.com/articles/mindfulness-activities-for-kids_00487342/#17-fun-mindfulness-activities-for-children).

## COMMUNITY ACEs

LACK OF OPPORTUNITY, ECONOMIC MOBILITY AND SOCIAL CAPITAL  
RACISM AND SYSTEMIC RACISM  
POOR HOUSING QUALITY AND AFFORDABILITY  
COMMUNITY DISRUPTION  
VIOLENCE POVERTY  
DISCRIMINATION

## Other Resources:

Preventing Adverse Childhood Experiences  
[www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html](http://www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html)

25 Fun Mindfulness Activities for Children and Teens  
[www.positivepsychology.com/mindfulness-for-children-kids-activities](http://www.positivepsychology.com/mindfulness-for-children-kids-activities)

Mindfulness. How to do it.  
[www.mindfulnessinschools.org/mindfulness-in-education/how-to-do-it/](http://www.mindfulnessinschools.org/mindfulness-in-education/how-to-do-it/)

Community Resilience Initiative  
[www.criresilient.org](http://www.criresilient.org)

DCYF Coronavirus Resource Page  
[www.dcyf.wa.gov/coronavirus-covid-19](http://www.dcyf.wa.gov/coronavirus-covid-19)

## For More Information and Resources Contact:

[Jennifer.nguyen-so@dcyf.wa.gov](mailto:Jennifer.nguyen-so@dcyf.wa.gov)  
Trauma Informed Care Program Manager

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