

Problem Solving with Kind Attention

Scientists have found that when we are calm, we are better able to make choices and solve problems. In this social emotional learning activity, your child will experiment to see how they feel when they try to solve problems before and after a mindfulness body scan. Children will practice problem solving with kind attention as they play math games, participate in a mindfulness session, and create a work of art to help get them in touch with their "lion mind." Designed for second and third graders, this activity will help children build important decision-making and mindfulness skills.



What you need:

- [Education.com Math Games](#)
- [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults](#) (YouTube)
- [Mind of a Lion: Calm Attention](#) worksheet

What you do:

1. Explain to your child that they will participate in an experiment.
2. Explain that they will play a problem-solving game online for five minutes.
3. Help your child choose one math [game](#) to play (at a level a little higher than their ability).
4. Give them five minutes to play on their own to see how well they can do.
5. After the five minutes, invite them to practice bringing kind attention to their body and the present moment. Afterwards, they will play the same game again.
6. Play the "3 Minutes Body Scan Meditation" video.
7. After the video, ask, "What do you notice? How do you feel?"
8. Ask them to play five more minutes of the same problem-solving game online.
9. Ask, "Did you notice a difference in your attention when playing the second time? How did you feel? What did you notice?"
10. Explain that scientists have found that when we are stressed, we are less able to remember things and make decisions, but when we are calm we can think clearer and solve problems in an easier way.
11. Say, "Have you ever noticed how calm a lion sits, even when waiting for prey? How they move and run with strength, yet gentleness? When we practice mindfulness, it is like we are training our mind to be a 'lion mind.' We are training the mind to be focused, calm, and strong."
12. Give your child the following instructions: "Become as still as you can. Close your eyes, or look down and take five deep breaths. Now open your eyes, but continue to keep your body totally still. Open your eyes and look around the room with kind attention to see if you notice anything you didn't notice before."
13. Reflect on the experience with your child. Have them share what they felt.
14. Review the Mind of a Lion: Calm Attention worksheet with them.

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