

MINDFULNESS FOR AGE 7-11

MINDFUL COMPANY MINDFULNESS FOR CHILDREN

BRIEF INTRODUCTION

The extra brain 'plasticity' that exists during childhood for aged 7 - 11 creates potential for meditation to have greater impact on executive function and self-regulation skills. Children who struggle with executive functioning often struggle to focus and complete tasks. Executive functioning issues can often, but not exclusively, be tied to ADHD.

BENEFITS

Mindfulness has been shown to aid the development of executive functioning and self-regulation skills in children. When children have opportunities to develop these skills, the children themselves, their families and wider society experience the lifelong benefits.

Our brains are constantly developing throughout our lives, but are greatest during childhood. So, mindfulness training at this age can be very effective in helping children navigate life more effectively, building confidence and self-esteem.

NEXT STEPS

If you think your child could benefit from some mindfulness training then please contact me, Susan Collini, for a no obligation chat. You can phone me on 07799 892900 or email me at susan@mindfulcompany.co.uk.