

Make Your Own Fidgets Series- Mindfulness Keychains

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What is a Mindfulness Keychain?

So what are these keychains all about? I created these to help solve a common problem.

Ever notice that you teach a student, patient or your own child a breathing technique or mindfulness strategy and they totally get it... but only there in the moment when they are happy and calm. When they get overwhelmed, it's as if that strategy totally falls out of their head! This can be very frustrating. Sometimes a tangible visual cue can be just the trick.

Directions

1. Pick a cue word- Examples I like: Breathe, Breath, Calm, Mindful or even Banana 🍌 whatever word is meaningful to them
2. Pick your color palette/pattern
3. Create, using any beads you like. Space out the letters evenly leaving 4-5 beads in between the letters
4. Make sure to leave extra space on the string before you tie your knot, so that the beads can easily glide back and forth
5. Add your keychain hook or make it a bracelet

Directions for Use

When you are feeling overwhelmed or anxious, grab your beads and start sliding them, take a deep breath and hold one count for each spacer bead in between each letter.

Repeat as many times as you like!

What do you think? Are you going to make one. The activity itself can be so relaxing!

Not crafty? Buy one from FAAB at one of my in person events or send me an email to inquire about shipping!

