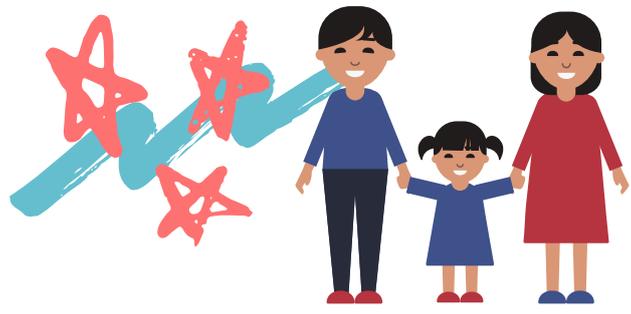
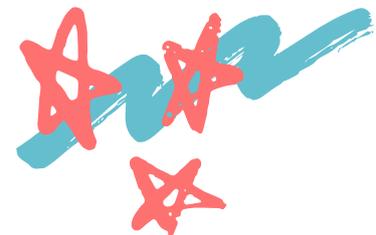


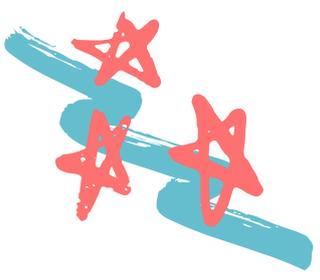
Family Mindfulness

Mindfulness is being focus on the present moment. This skill improves emotional awareness and reduces stress.



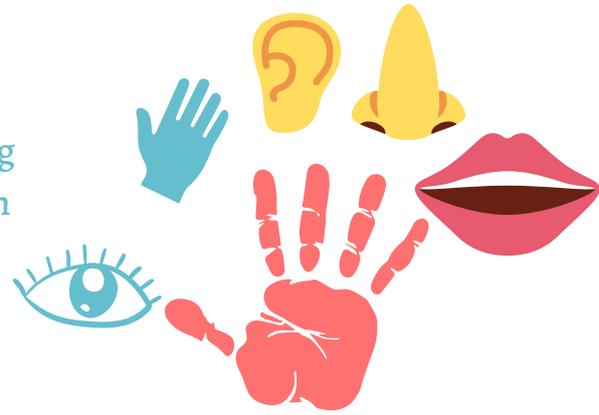
Parents can help their children to achieve mindfulness by modeling mindfulness themselves, or teaching them to focus on the present moment

Here are some techniques you can practice with your children, focusing on doing one technique very well each day.



Waking up

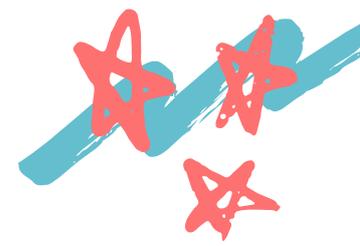
Five senses- take a few moments to explore the morning through your senses. Take turns naming things you can see, feel, hear, smeel and taste.



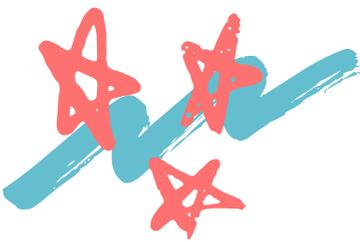
Body scan- notice the sensation in each part of your body, starting with your toes and working your way up to the top of your head.



Meals



Mindful check-in - asking your children to share one thing they are feeling physically one thing they are thinking about and one thing they are feeling emotionally. If your child has difficulty putting their emotions into words, try giving them options to choose. Share those same things with your children.

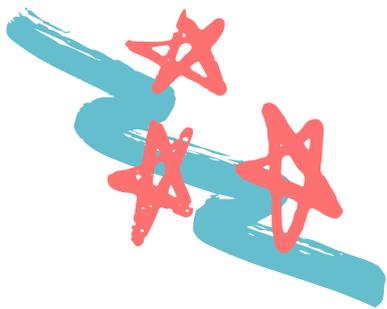


Mindful eating- eat slowly and mindfully. Noticing how the food looks, how it smells. What does it taste like? How it feels in your mouth? Take turns sharing the information with your children, encourage them to describe it best with their words.

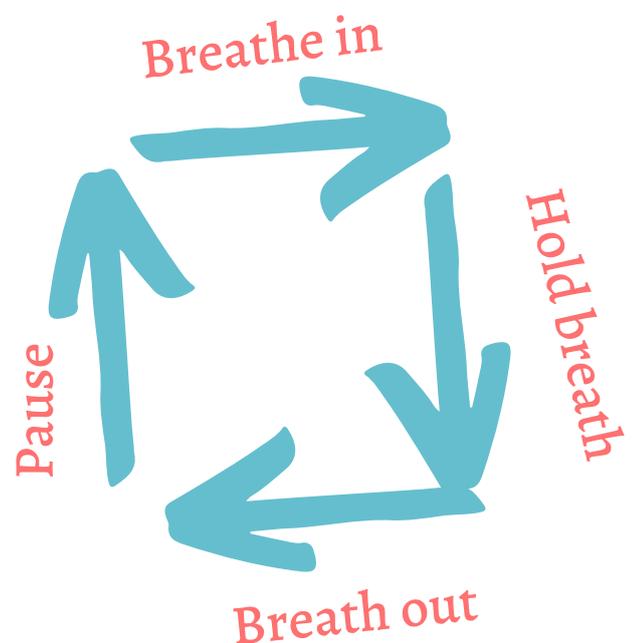
Mindful cooking- pick a meal to cook together, follow the recipe tasting all the ingredients. Focus on your senses while cooking, how the food look through the recipe, how it smells, how the taste change through the process.



Free time

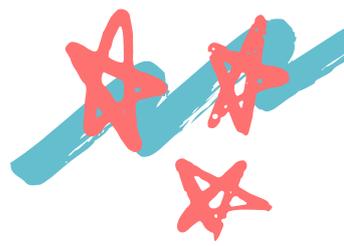


Square Breathing- teach your child this breathing technique to help them be in the present moment at any time. Draw a square on paper or in the air with your finger. Perform one step of the technique while drawing each line of the square. Time each step to let about four seconds.





Mindfulness Box



With your child decorate a box large enough to hold several small objects. Fill the box with interesting items found around your home or yard (feathers, flowers, rocks, seashells). Encourage your child to explore their surroundings with more than just sight, noticing texture, weight and smell of each.

Keep adding to your mindfulness box, and review it from time to time for further practice. Try something new about the objects inside.



Bedtime

Progressive muscle relaxation - read the following script

Close your eyes, and pretend you are holding two juicy lemons, one in each hand. Start to squeeze the lemons by making fists. Squeeze hard to get all the juice out. Notice what your fists feel like when you squeeze hard. Now let go of the lemons and let your hand rest. Notice how it feels to relax your hands.



Next, pretend you are sitting on the beach. Squeeze your toes as if you are trying to pick up sand between them. Hold onto the sand by squeezing even tighter. Now, let go of the sand, and relax your feet. Notice how your feet feel different when you let them rest.

Finally, pretend like a fly landed in your nose. You want to get it off, without touching it with your hands. Scrunch up your face, wiggle your nose, just go crazy. Keep moving your face so the bug will fly away. Now, stop, and let your whole face relax. Notice how it feels.

