

Positive Behavior at HOME

Emotional Wellbeing - Preschool & Pre-K



Mindfulness Activities:

- **Check-In** - The importance of "Check-in" is to help your child learn to understand and share their feelings.
- **Gratitude** - Being able to find positive things to be grateful for can help during high stress times.
- **Meditation** - Learning to breathe deeply and self-regulate is important to help handle our own emotions.
- **Grounding** - The point of these activities is to show children that even in uncertain times, there are constants around them.
- **Kindness** - It is easy to let our emotions take over, but it is even more important to show kindness regardless of what is happening around us.

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Mindfulness Activity: Check-In



Feelings Thermometer

Taking a moment to check-in with your child can help you understand how they are feeling. It also gives them the opportunity to evaluate their own emotions and navigate themselves to a solution, if needed.

Instructions:

1. Print or create your own Feelings Thermometer and introduce it to your child. Take the time to explain that some emotions may cause their body to feel different ways. If they feel stressed or angry or afraid there are things they can do to make themselves feel better!
2. Throughout the day, ask your child if they would like to check in with their Feelings Thermometer. This gives them the opportunity to identify how they are feeling.
3. Take the time to talk to them about how they are feeling and brainstorm together how to help that emotion subside if it is making them feel bad.

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Mindfulness Activity: Gratitude



The Thankful Window

Gratitude is a hard concept to teach young children, but it is an important one. By teaching children gratitude, we are helping them understand the importance of being grateful for the things they have. It also increases happiness and optimism!

Instructions:

1. Collect window markers, paint, or small pieces of paper to write thankful notes on the window.
2. Talk to your child about what it means to be grateful and thankful for something. Then, discuss some things you are currently grateful for.
3. Each day, write one thing on a window that you are thankful for!
4. At the end of the week, walk around your house and recap all of the things you were thankful for each day!

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Mindfulness Activity: Meditation



Muscle Relaxation

Progressive muscle relaxation helps to release built up tension by first tensing muscles, then relaxing them. Because our body and mind are connected, tensing and relaxing your muscles can help both the body and mind feel calm.

Instructions:

1. Talk with your child and explain what it means to tense their muscles and then relax them.
2. Then try saying, "Tense your feet by curling your toes, like digging them into the sand at the beach! I am going to count to 3 and then you can relax and let go. Ready? 1...2...3....relax"
3. Walk them through this process with each part of their body starting at their toes and ending with their nose!

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Mindfulness Activity: Grounding



Power Hug

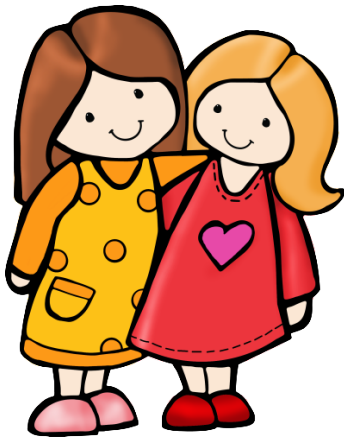
A great way to help children feel grounded is firm pressure. This helps children feel safe and in control of their environment. Adding a positive statement for your child to say while doing this can help them quickly feel grounded.

Instructions:

1. Model for your child what it looks like to hug yourself! Then, talk about some positive statements they would like to use. Some ideas include, "I am safe" or "I am in control of myself".
2. Encourage your child to wrap their arms around themselves and squeeze tightly.
3. As they are hugging themselves, prompt them to repeat the statement you have chosen three times.
4. Repeat this as many times as needed.

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Mindfulness Activity: Kindness



Kindness Mailbox

Young children are naturally egocentric. Therefore, it takes a lot of practice to help them recognize the needs of others. You can start teaching young children the act of kindness and bring more positivity into your home!

Instructions:

1. Find an old box and encourage your child to decorate it. Make sure there is a way for letters of kindness to go in and out of the box.
2. Talk to your child about what it means to be kind. Tell them that you are going to write kindness letters every day and read them together at the end of the week to remember all of the kind things that happened.
3. Encourage your child to pay attention to things that are happening around them and to write down all of the kind things that happen throughout the day!

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RESOURCES

Feelings Thermometer

The Feelings Thermometer was created to help children identify their own emotions and brainstorm solutions to make themselves feel better. Talk with your child about the different emotions illustrated and brainstorm things they can do when they are feeling sad, frustrated, and angry. Then, put a picture next to that emotion to visually remind them of what they can do when they are feeling that way.

