

Positive Behavior at HOME

Emotional Wellbeing -School Age



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



Press the Pause Button

During a tense moment, press the pause button! It is hard to stay connected with your child when there is tension occurring. Take a moment to press the pause button and check-in with each other's feelings. Practice asking each other the simple questions below.

Instructions:

Tell your child, "I'd like to press the pause button on this situation and check-in with you."
Then, proceed to ask them simple questions, like:

What do you need from me in this moment?

What are you feeling?

How can we fix this together?

How can we both calm ourselves?

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Mindfulness Activity: Gratitude



I am Grateful for...

In the chaos of everyday life, we can often forget the things we are most grateful for. Taking a step back to show appreciation for the time, things, and people you have in your life can help you and your child refocus on what is important!

Instructions:

1. Talk with your child and explain what it means to be grateful for something. It may be helpful to add in some examples of things you are grateful for!
2. Take turns exploring gratitude by going back and forth with your child to name as many things as possible that you are lucky to have. Examples include time together, special memories, or material things you own.
3. Make a list of these things as you discuss them and hang it on your refrigerator. This allows you to go back to that list and remind yourself and your child of all the reasons you have to feel grateful!

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Mindfulness Activity: Meditation



Guided Relaxation

Children are always in a pure state of mindfulness because they do not have mental barriers. Meditation is a practice that allows children to decompress, focus, and reconnect with their environment. Try practicing meditation with your child to help promote healthy emotional development.

Instructions:

1. Find a place in your home with limited to no distractions. This helps establish a peaceful environment for children to really engage in meditation.
2. Show your child proper posture by sitting on the floor and crossing your legs. Then, rest your hands in your lap.
3. To further center yourself, sway from side to side allowing gravity to move your body.
4. Guide children in deep breathing and relaxation for a few moments. If you would like, add some calming background music. You can guide children by saying, "As you breathe in and out, focus on your chest going in and out."

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Mindfulness Activity: Grounding



Reorientation

To help your child feel grounded and secure, have them reorient to the moment. Reorientation encourages children to change their focus from one thing to another. This helps children calm their worries and emotions and be in the present moment.

Instructions:

1. Explain to your child what reorientation means and share moments when they may need to use this skill. Some situations include when they feel overwhelmed, become upset, or feel scared.
2. Then, give them the facts they can use to ground themselves.
3. Encourage children to practice!

Facts may include:

- My name is...
- I am...years old
- Today is...
- I am wearing...
- My favorite book is...
- The person I most admire is...

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Mindfulness Activity: Kindness



Family Kindness Jar

Demonstrating kindness has many benefits! The simple act of kindness can increase happiness and encourage a healthy heart! Taking the time to call out family members for their acts of kindness brings positivity into stressful situations.

Instructions:

1. First, collect a jar and some tokens for the kindness jar. Some token examples can be cotton balls, beans, or pieces of paper.
2. Introduce the kindness jar to your children and explain that every time a family member is caught being kind, you will put a token in the jar!
3. When the jar is full, celebrate with something fun!

Celebration ideas include:

- Family movie night
- Game night
- Homemade ice cream sundaes
- A camp out in the living room