

# The Family Workbook



To **Mindfulness**

# Positive Behavior at HOME

Dear Parents,

Within this activity book, you will find various techniques that allow you to practice mindfulness with your child. They will allow you to be present in the moment and truly be aware of the bond between you and your child. The practice of mindfulness encourages you to acknowledge and accept your own feelings and thoughts while engaging with your child.

## What is mindfulness?

Mindfulness is an evidence-based practice that helps us strengthen and build:

- Planning and organization
- Controlling impulses
- Managing and identifying emotions
- Developing a growth mindset
- Nurturing empathy

Throughout this book, you will find a practice activity to introduce you to mindfulness, several individual mindfulness activities focusing on different skills, and additional resources.

We recommend doing one activity per day.

## Here's what you will find inside:

### Let's Practice

- **Goal: Practice being in the present moment.**

This activity allows you to practice with your child as you concentrate on your breaths. This is a great way to practice being present in the moment with your child.

### Mindfulness Activities

- **Grounding** - This is an important step in mindfulness practice because it allows us to stop and be aware of what is happening around us. When we are grounded in the present moment, we are better able to manage overwhelming feelings.
- **Letting Go** - Letting go techniques help your child to disengage from things that make them feel overwhelmed. It allows them to handle things in a mindful, positive way!
- **Focus** - Many children have a hard time focusing. Mindfulness activities allow your child to slow down and focus on the present.
- **Gratitude** - Being able to find positive things to be grateful for can help during high stress times. Children who learn gratitude early are able to maintain and spread happiness during their life!
- **Kindness** - Mindfulness helps us to be kind regardless of what is happening around us. Awareness of our own feelings and the feelings of others nurtures empathy and allows us to care for others.

### Additional Resources

- **Boosting Mindfulness** - there are things throughout your household that you can use to boost mindfulness in children. This section will point out some of the everyday items to introduce to your child!
- **Books** - these books encourage children and adults to explore mindfulness and think of different ways to incorporate mindfulness into your daily routine.

# Positive Behavior at HOME

## Let's Practice!

### I am in Control

Children's brains often become "tired" and they need frequent opportunities to unplug throughout the day! Helping children practice deep breathing exercises helps them function and think more effectively and clearly.

#### Instructions:

1. Get a piece of paper and a writing utensil. Then, help your child trace their hand on the piece of paper.
2. When finished, they can decorate or color their hand if they would like.
3. Show your child how to take deep breaths by running their finger over the traced lines. Following each motion of the hand like a maze.

# Positive Behavior at HOME

## Mindfulness Activity that Supports Feeling Grounded



### Head, Shoulders, Knees, & Toes

A great way to help children feel grounded is through body awareness. Playing an active game of Head, Shoulders, Knees, and Toes is a great way to encourage children to feel safe and in control of their body!

### Instructions:

1. First, introduce the song "Head, Shoulders, Knees, and Toes" so they are familiar with the actions.
2. Then, practice with them! Try saying, "I am grounded. Here is my head, shoulders, my knees and toes"
3. Repeat this a few times until your child is no longer interested.
4. Try playing the song and having fun with it! While it can be used to help a child feel calm, it can also be a fun brain break!

# Positive Behavior at HOME

## Mindfulness Activity that Leads to Letting Go



### Squash it, Let it Go

It is important for children to learn to let go of tension and become aware of their bodies. As young children grow, this skill is important to help calm anxious thoughts and self-regulate throughout the day! Plus, it is simple and fun!

### Instructions:

1. Ask your child to lie down and practice deep breathing.
2. Once they have relaxed their body, encourage them to tense their muscles for a count of two and then release and relax.
3. Repeat this while they work their way up the body, starting at their toes and ending with their nose!
4. When you're done, ask your child how they feel!



# Positive Behavior at HOME

## Mindfulness Activity that Strengthens Focus



### An Outdoor Scavenger Hunt

While an outdoor scavenger hunt is active, it helps children stop and focus on their surroundings. Being outside in the fresh air helps clear the mind and open children to focus on things they might miss.

### Instructions:

1. Before going outside, ask your child if they can think of some things that they can find outside.
2. Then, tell them that you will be doing an outside scavenger hunt! Make a list of all of the things you think you will see outside.
3. When outside, look around for those things and check them off as you find them!

### Examples include:

- A bird
- A red door
- A squirrel
- A White car

# Positive Behavior at HOME

## Mindfulness Activity that Supports Gratitude



### Filling your Jar

Do you wish sometimes that you could capture special moments and put them in a jar forever? This activity is a fun way to do just that. By writing down words of gratitude and sharing them with your child, you can capture those special moments.

### Instructions:

1. Everyday start off by asking your child what makes them happy, the people or animals they love, etc.
2. Each time they give you a response, write it down.
3. Place it in a jar or somewhere special.
4. Collect them for the week or even for a month and share them with your child.
5. You and your child will both enjoy looking back on those moments and smiling!

# Positive Behavior at HOME

## Mindfulness Activity that Nurtures Kindness



### The Compliment Game

Kindness can be learned like any other behavior! Luckily, children's brains have the ability to adapt and change to learn these new behaviors. Teaching kindness early in life can create lifelong habits for children.

### Instructions:

1. Talk to your child about all of the things you love about them!
2. Encourage them to tell you things they love about others as well.
3. Take turns going back and forth naming things you love about each other.

### Examples include:

- I love the way you smile
- I love that you're so helpful
- I love your hugs



# Positive Behavior at HOME

## Additional Resources

### Boosting Mindfulness

While there are various activities that we can use to practice mindfulness, there are also everyday items that we can use as well! Toys and tools around your house can help boost mindfulness in children and promote the skills these activities teach. Some items that help boost mindfulness in children include:

- Kites
- Spinning tops
- Dominoes
- Puzzles
- Kaleidoscopes
- Visual timers
- Books on audio

### Books

Here's a sample of some of the most popular books on mindfulness. You can practice reading these books with your child at any age.

1. Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for you can practice with your child - Christian Bergstrom
2. Mindfulness for Kids: 30 Fun Activities to Stay Calm, Happy, and In Control - Carole P. Roman and J. Robin Albertson-Wren
3. Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere - Kira Willey and Anni Betts
4. I Am Peace: A Book of Mindfulness - Susan Verde and Peter H. Reynolds
5. Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) - Eline Snel and Jon Kabat-Zinn