Mindful activities you and your family can try.

**Self Check-In**

In this moment, how are your mind and body feeling?

Don’t worry if a lot of thoughts rush in, this is **totally** normal. Just let them go by, like a parade, noticing the variety of elements without joining the lineup.

As you walk your way along trails at the park concentrate on the physical sensations of walking.

How it feels when your heel touches down, foot rocks forward, lifting off at the toes....

Is your weight evenly distributed throughout the foot?

What does the ground beneath your feet feel like?

Mind wandering? Gently return your focus to your steps by thinking “right, left” as you walk.
Focus on Breathing

Pay attention to the sensations you experience as you deeply inhale and exhale.

Closing your eyes or softening your gaze can be helpful during this exercise.

- **Inhale slowly through your nose to a count of 5.**
  Your abdomen should expand, your chest should slightly rise.

- **Hold your breath for a count of 5.**

- **Exhale slowly through pursed lips to a count of 7.**
  Like you’re blowing out a candle.

- **Repeat for 2 more cycles.**

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Listen

Listen to the ambient sound of where you are.

You may notice all kinds of sounds.

Loud & quiet sounds.

Sounds growing and fading.

Do you notice silence between sounds?

Instead of reacting to it (I like it, I don’t like it) see if you can simply listen and notice the sound without judgment.
60 Seconds

Try jogging in place, jumping jacks, arm circles, or combining all 3 for 60 seconds.

Next, place your hand over your heart and draw attention to your body.

What do you feel and hear?

Heartbeat
Sunshine
Blood flowing

Muscles
Cool Air

Breathing
Tingling

Mindful Bites

Take small bites and use your 5 senses while eating a lunch item.

Look at your food. What do you notice? Color? Shape?

How does the food feel in your hand? Soft? Heavy? Squishy?

Does it make any sound when it moves from your right hand to your left?

How would you describe the smell?

What do you taste with the first bite? Sour? Sweet? Does the flavor change when you chew?
**Starfish**

- Lie on your back with arms and legs stretched out and breathe.
- Rest as you listen to the sounds around you and feel the ground under your body.
- Try to do this for 2-5 minutes.

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**Frog Jump**

- Squat down with your knees apart and arms resting between your knees.
- Touch your hands to the ground.
- Jump like a frog.
Tree Sway

Stretch spine up towards the sky.

Hips and shoulders in a line.

Sole of foot on inner thigh.

Sway like a tree. Now the other side.

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Canoe

- Sit on your bottom with knees bent and feet flat on the ground.
- Lift your heart up tall as you lift up one leg. You can lift the other leg or just switch which leg you lift.
  Try rocking back and forth or moving your arms like you’re paddling!
- Lower your feet back to the ground with knees bent.