



PRACTICES FOR YOU

Tuning in:

Choose an everyday activity that you do on autopilot, e.g. brushing your teeth, and bring your full attention to it. Tune in to the sensory experience.

Breathing Releasing Tension:

When you feel stressed, identify where you feel the stress and breathe into that space to release some of the tension.

Mindful Breathing Routines:

Build routines into the day where you can practise mindful breathing, e.g. at traffic lights, in a lift, waiting for the bus.

Just for You!

15 minutes all for you. Eliminate distractions and do something that you enjoy, noticing the environment, the sensations, your thoughts and feelings.

Technology Check:

Check-in with your use of technology. How often does it distract you? When you have an impulse to check your phone, stop, take some breaths, just be. Consider if it really needs checking?

OUR LANGUAGE CREATES OUR WORLDS

The language we use helps to reinforce our understanding and our thinking. It guides the expectations around our behaviours.

The more we practise this mindful vocabulary the more it becomes part of who we are and what we do.

Try using phrases like these to develop the learning:

“Before you start your homework let’s take a Brain Break to help you focus.”

“Let’s both take some calm breaths so we can think clearly, as I think our amygdala has taken over.”

“Let’s take a minute to just stop and mindfully listen to the sounds we hear around us.”

“Now you’re ready for bed, let’s do some mindful breathing so you can be calm before you go to sleep.”

MINDFUL MOMENTS OF REFLECTION

Shower magic: As you stand in the shower, feel the sensation of the water on your body, listen to the sound of the water. Enjoy the sensations.

Journal Jotting: Take some time out for reflection. What differences do you notice when you are more mindfully aware?

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PRACTICES WITH YOUR CHILD

15 Mins Child Focus Time:

Take your child’s lead, give them your undivided attention. Let them take the lead! Be present.

Daily Mindful Routines:

Build in mindful activities to daily routines, walk mindfully to school or to the park. Encourage your child to be aware of their footsteps to notice their surroundings, e.g. spot different colours, different shapes. Introduce new adjectives to describe the world around them.

Mindful Clouds:

Look at the clouds, ask them what they can see, e.g. light wispy clouds, dark puffy clouds. Maybe the clouds have different shapes that look like animals or cars, etc. Notice how they move. They come and go just like our thoughts.

Balloon Breathing:

Try some balloon breathing. Ask your child to imagine a deflated balloon in their tummy. On the inhale, imagine the balloon blowing up and on the exhale, imagine it deflating. Repeat for several breaths. A great practice for bedtime.

Brain Break:

Practise mindful breathing using the Brain Break script.

Moshi Twilight Sleep Stories:

Create a calm atmosphere at bedtime with this audio-only app that helps children fall asleep independently using enchanting storytelling, magical music and soothing sounds. Visit: <https://app.adjust.com/eqx3g40?fallback=https%3A%2F%2Fwww.makebedtimeadream.com%2F>



FIND OUT MORE

For you

'Mindfulness for Children' by Uz Afzal
'Everyday Blessings: Mindfulness for Parents' by Myla & Jon Kabat-Zinn
'Self Compassion... Stop Beating Yourself Up and Leave Insecurity Behind' by Kristin Neff

For younger children

'I Can Handle It!' Laurie Wright
'Mindful Monkey, Happy Panda' by Lauren Alderfer

For older children

'The Three Questions' by John J Muth
'The Magic is Inside You' by Cathy Domoney



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