

Taking a Mindful Moment as a Family

Directions: With your child, choose one or more of the activities below. Complete each activity to practice mindfulness strategies such as self-compassion, gratitude, positive affirmation, and visualization.



Make Self-Care Jars

Materials:

- glass jar
- paper
- writing utensils

1. Create a self-care jar with your child. Ask them which activities bring them joy. Maybe they like taking walks or playing their favorite video game. Perhaps reading quietly or writing in a journal helps them clear their mind.
2. On slips of paper, have your child write down the activities they do that help them slow down, cultivate mindfulness, and manage their thoughts and emotions.
3. Place these slips of paper into a jar. Make a communal family self-care jar, or have each family member make their own.
4. The next time you, your child, or another family member feels stressed or overwhelmed, have them pull an activity suggestion from the jar to help them take a mindful moment and calm down.



Make Affirmation Cards

Materials:

- index cards
- writing utensils

1. Encourage your child to make affirmation cards. Affirmations are simple, positive sentences or phrases that can help you shift your mindset by reminding you about the good things in your life.
2. Work with your child to select a few motivational phrases that can calm them down or cheer them up; for example, "I find calm in deep breaths," "Everything will get done; I'm in no rush," or "I have many people who love me."
3. Together, write down affirmation phrases on an index card and decorate them however you would like.
4. Keep these cards in a special place. Whenever you or your child need it most, pull out a card, read the affirmation, and repeat it quietly to yourself three times.



Make a Gratitude Board

Materials:

- poster board/cork board
- craft supplies
- paper
- writing utensils

1. Create a self-care jar with your child. Ask them which activities bring them joy. Maybe they like taking walks or playing their favorite video game. Perhaps reading quietly or writing in a journal helps them clear their mind.
2. On slips of paper, have your child write down the activities they do that help them slow down, cultivate mindfulness, and manage their thoughts and emotions.
3. Place these slips of paper into a jar. Make a communal family self-care jar, or have each family member make their own.
4. The next time you, your child, or another family member feels stressed or overwhelmed, have them pull an activity suggestion from the jar to help them take a mindful moment and calm down.



Make a Vision Board

Materials:

- poster board
- markers
- magazines
- crayons or colored pencils
- photos
- craft supplies
- glue
- scissors

1. Make a vision board as a family. A vision board is a creative way to represent all of your hopes and goals in one place. It is also a great way to envision your future. Some people believe that by creating this representation, you will be more likely to achieve your goals.
2. Gather some old magazines, as well as the rest of the materials, then select images and phrases that represent what you hope to achieve as a family. Perhaps you want to spend more time together, save for a big trip, or work on helping others through community service. Look for images that relate to these family goals and aspirations.
3. Arrange and glue all of the images, photos, and phrases on the poster board in whatever way you choose.
4. Hang the vision board in a special place—perhaps in the living room, dining room, or entryway. Looking at it every day will inspire you and your family to work hard and put the effort in to achieve your hopes and goals.