

NOVEMBER 2020

Parents Page

Practice Mindfulness

We know that this current season of our lives is filled with stress and busyness. We encourage families to engage in mindfulness activities to build their own resilience.

Mindfulness is a practice where you use the five senses to engage physically and non-judgmentally with the world around you. When you do a task with mindful awareness, you do it with 100% of your energy and attention.

Any activity can be done with a sense of mindfulness, even eating dinner with your family. For example, you can teach your child to pay attention to the texture and flavors of the food. You can guide them to think about how the food nurtures their body and keeps their body healthy.

Practicing mindfulness is incredibly empowering for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.

Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.

Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

Big Life Journal - biglifejournal.com

Heartbeat Exercise

Ask your child to stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.

Big Life Journal - biglifejournal.com

Promote Kindness

Sometimes helping others creates more positivity. It can be difficult when we have fewer interactions with our friends and loved ones. Below are some ideas for kids to share kindness with others, as suggested by www.coffeeandcarpool.com. We invite you to share photos of your acts of kindness on social media!

- Use sidewalk chalk and chalk a friend's driveway.
- Hang a positive sign in your window.
- Help a sibling (or caregiver) with a chore.
- Write a thank you note to your teacher.
- Mail a letter or drawing to a friend or family member.
- Offer to walk a neighbor's pet.
- Rake someone's leaves.
- Mail a picture or letter to a senior citizen in your community.
- Donate to a food bank or virtual food drive.
- Give a family member a compliment.
- Paint and hide kindness rocks.
- Write a thank you letter to a first responder or member of the armed services thanking them for their service.



Inspire a Growth Mindset

Our "mindset" is the way we see and think about ourselves. If we have a "growth" mindset, we believe that the abilities, intelligence, skills, and talents we were born with do not determine our success. Instead, we understand that although we were all born with strengths and weaknesses, through hard work, practice, and learning, we can grow, progress, improve, and get better.

Sometimes I have a FIXED MINDSET.

This is too hard. I give up!

Why should I try if I'll fail anyway?

This is good enough even though it isn't my best.

I'm not as smart as she is so I'll never achieve what she can.

I just can't do it! I'll never be as good as they are.

I don't want to be wrong or make any mistakes.

I can have a GROWTH MINDSET.

Even when things get hard, I won't give up!

I can do anything I set my mind to!

I can't do it yet, but I will soon!

When I believe in myself I feel confident, brave, and strong!

I understand that achieving my goals takes time and effort.

I can face my fears and be COURAGEOUS!

I learn by making mistakes and taking risks.

Adapted from https://musiccityschoolcounselor.com/teaching-growth-mindset/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1003287040_45661758_219363

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