

Daily Ideas for Mindful Living



FEELINGS CHECK-IN... HOW ARE YOU FEELING NOW? _____ (PLAY FEELINGS CHARADES)

Create Predictability/Schedule: Have things to look forward to... make a checklist/calendar.

- Meals - Create and eat healthy meals together at regular times.
- School - Take a virtual field trip, make crafts, or do a science experiment.
- Chores - If everyone chips in, there is more time for fun!
- Sleep - Create routines for sleep to keep everyone rested and calm.

Move: Move your body to stay calm & reduce stress! Regulates emotions, thoughts, choices!

- Yoga/Animal Charades/Brain Challenge/Be a Joyful Jellyfish/Shake out the Sillies!
- https://www.youtube.com/watch?v=H_O1brYwdSY&t=305s - Games for Regulation.
- Obstacle Course/Family project/Build something/Dance Party-Dance it out!

Connection: Family time and face-to-face interaction help build connection and regulation.

- Games/Music/Create Stories/Skits/Stretch Your Memory/SMILE & LAUGH!
- FaceTime friends and extended family or write a card or letter to someone.
- Be kind to yourself and others... Treat yourself as you would treat your best friend.
- Gratitude Practice - Notice and Name 3 things you are grateful for daily.

Mindful: Notice Body/5 Senses/Feelings/Thoughts Accept “what is” Non-Judgmentally.

- Breathe/Meditate/Blow your worries away/Be still like a pond/Hum out your feelings.
- Notice how your body reacts to situations and others – It leads to better choices.
- Use words for your internal experiences and feelings - “Name it to tame it.” (Siegel)
- Wash away your busy thoughts with a “Rain Shower” that drains them away.

Safety/Privacy: If things get ugly.... 1-800-799-SAFE or <https://www.thehotline.org/help/>

- Build internal sense of safety - Predictability, Movement, Connection, Mindfulness.
- Privacy/Personal Space are critical for everyone - Create your own safe space.