



Evergrow Gadget

MINDFULNESS

Busy parents can help their kiddos be mindful even when their own minds are full. Mindfulness is about being aware of what's happening right now, in a particular moment. To be mindful is to take in information and sit with it without judgment. Being mindful also means tuning into how you are feeling, physically and emotionally, in the present moment. Practice mindfulness in neutral or calm moments to start. Then encourage kids to be mindful when they are experiencing strong emotions, like being overwhelmed or shy. To help your children build mindfulness skills, talk about the following whenever possible.

To connect with their senses:

- ✧ what can you hear right now?
- ✧ what can you smell right now?
- ✧ what do your clothes feel like on your body right now?
- ✧ what do you taste in your mouth right now?
- ✧ Notice something with your eyes that you didn't see before.

To connect with their own body and mind:

- ✧ How does your body feel right now?
- ✧ How does your brain feel right now?
- ✧ what would it take for your body to feel calmer and steadier?
- ✧ what would it take for your brain to feel calmer and steadier?
- ✧ Can you feel the air go into your lungs when you breathe?
- ✧ Try to feel your heart beating.
- ✧ Pause and consider – how do your pinky toes feel right now?
- ✧ what kind of energy do you have right now?

To connect with others and their surroundings:

- ✧ what's important to the people around us right now?
- ✧ How do you think that child/person feels right now?
- ✧ what's the weather right now?
- ✧ How does the air feel right now?