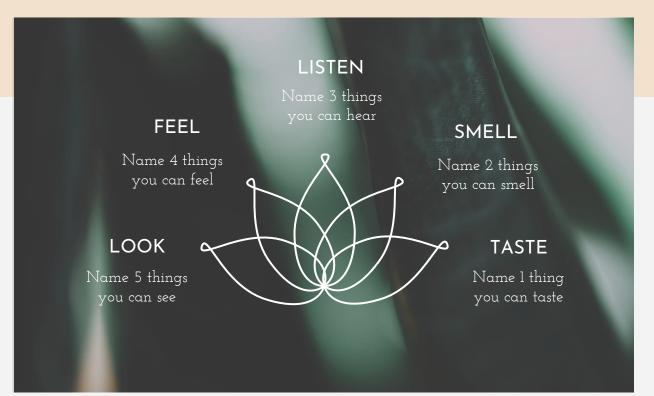


EASY WAYS
TO PRACTICE
MINDFULNESS
IN YOUR
EVERYDAY LIFE







Shake up a snow globe / glitter jar.

Watch the storm like how it's like when things get overwhelming - when you are stressed / mad / upset.

But soon, if you sit and breathe and watch the disturbance, it settles as do our minds.







Go out with your child on an exciting adventure.

Pick up small rocks, touch plants, notice birds / insects.

Take a moment to kneel down and touch the ground.

Walk in silence to notice all the small details in the environment.



Encourage your child to turn on his/her "Spidey Senses" or the super-focused senses of smell, sight, hearing, taste, and touch that Spider-Man uses to keep tabs on the world around him.

This encourages your child to pause and focus his/her attention on the present, opening awareness to the information his/her senses bring in.







Allow your child to choose any design he/she likes and begin colouring. As he/she colours, encourage him/her to pay attention to the design, colour choice, process of colouring and his/her breathing.





LOOK

What colours and shapes do you see?



LISTEN

Does the food make a sound?



TOUCH

Is it smooth, bumpy or rough?



SMELL

What does the food smell?



TASTE

Do you taste anything?

Does the flavour change?

How many different
flavours are there?

