

# Mindfulness At Home

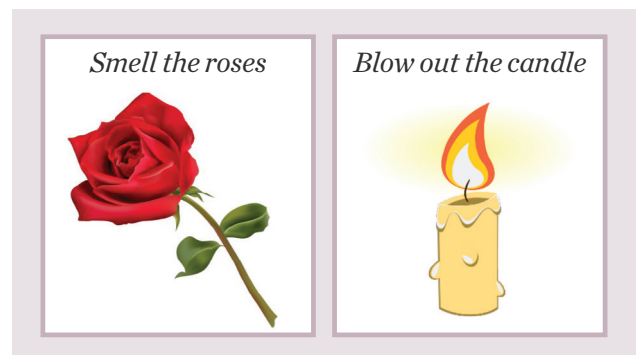
With no school in session, many parents are working from home or home schooling their child(ren). Here are some tips to help make each day a bit easier:

1. Create a basic daily routine that can be adjusted every day.
2. It's important to include a variety of activities to help lessen "cabin fever."
3. Be sure to include morning and afternoon breaks. Don't forget to include lunch.

Here is a list of simple activities and suggestions to try:

**BREATHING EXERCISES**—These are great to use to start off learning/school time. They are wonderful tools to help deal with anxiety.

- Smell the roses, blow out the candle.
- 4-7-8 breathing: Breathe in through your nose for the count of four, hold your breath for a count of seven and breathe out through your mouth for a count of eight.



These breathing exercises can be done between different activities. The more one takes a few minutes to breathe, the calmer one will feel.

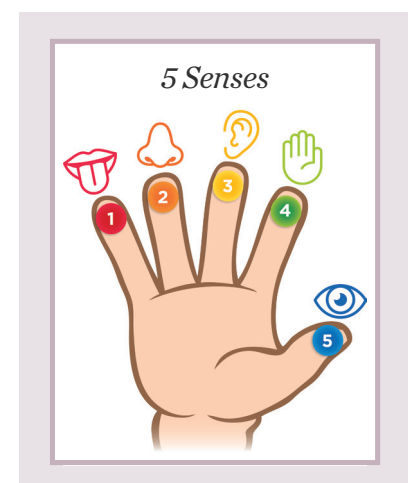
**5 SENSES**—Taste, smell, hear, touch and sight. You can break the day into several different experiences related to the five senses, such as:

**1. Breakfast is dedicated to TASTE.**

As you all eat breakfast, stop to experience what each mouthful tastes like. Stop to experience how it feels to chew each bite slowly versus quickly.

**2. Mid-morning is dedicated to SMELL.**

Go outside for 15 minutes and smell your surroundings. If there are flowers, what do they smell like? If it has been raining, what does that smell like?



(Continued)

**3. During your lunch break, pay attention to the sounds you HEAR.**

Do you hear car sounds, dogs barking, people talking, etc.?

**4. The afternoon break can focus on TOUCH.**

Explore what different things feel like in your home: some are soft, others are rough, etc.

**5. After dinner, take a walk to explore what you SEE (SIGHT) around you.**

As you go through this process, remember to take a few minutes to talk about the various senses you are exploring.

**STOP LIGHT—STOP AND BREATHE; PAUSE AND THINK; SMILE AND RESPOND.**

This is a wonderful exercise for tense moments. It's great for adults and kids. With everyone being in the house together, day after day, tense moments will occur.

**CREATING ART**—Drawing, making sculptures, working together through art can create a positive family experience.

1. During free time, allowing children to draw is a wonderful way for them to express themselves.
2. You can create a sculpture together with found objects in your house or outside. Add colored paper, yarn or ribbon, a paper towel roll, buttons, cotton balls, magazine pictures or other items you find. Be creative and see what you can build.

**EXERCISE**—This is a terrific way to release energy, which is important for us as adults and for our children.

1. Take a walk. If you're a runner, teach your child how to run.
2. If you have a space inside or outside, you can jump rope, do jumping jacks or practice any exercise your child(ren) might like.

These are a few suggestions to help you start to plan your days at home. Hopefully these suggestions will trigger other creative thoughts for you and your child(ren). Most important, stay calm, take many deep breaths and take care of yourself.

**Frustrated?  
Angry?  
Impatient?**

**STOP  
& BREATHE**

**PAUSE  
& THINK**

**SMILE  
& RESPOND**