



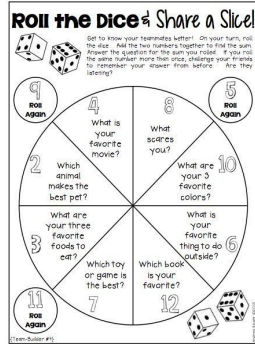


A Weekly Calendar for Mindfulness and Coping Activities

*Engaging in these activities can help us to feel better when we are stressed or worried

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1	<p>Mindful Monday: How are you doing with your meditation practices? Have you tried some of the techniques on the weekly calendars? Look back at previous weeks of Mindfulness and Coping Activities, and check out “The 5 Senses Meditation”. If you need another idea, below is a guided meditation to try. It only takes 5 minutes and is proven to reduce stress and tension.</p> <p style="text-align: center;">Mindful Breathing Meditation</p> 	<p>Toolbox Tuesday: Got conflict? We can still find ourselves in conflict during distance learning. Conflict can be resolved in a healthy way by following some simple tips. Linked are some materials and activities to complete or think about. You can print them or duplicate on with a pen and paper. With some patience and care valuable relationships can be mended.</p>  <p style="text-align: center;">Week 5: Resource Folder</p>	<p>Wellness Wednesday: We can do this! Play Coping Skills Bingo to remind yourself of all the tools you already use and some that you can try. Can you fill up this coping skills bingo card within a week?</p> <p style="text-align: center;">Week 5: Resource Folder</p> <div style="text-align: center;">  </div>	<p>Think about it Thursday: Acknowledging what you can control is a powerful tool. At times, people feel there is very little that they can control, but there is always something you can take control over. Take a look at “25 Things You Can Control” in the week 5 resource folder. Use this visual to identify/focus on what you can control today.</p> <p style="text-align: center;">Week 5: Resource Folder</p> 	<p>Fun Friday: Roll the Dice & Share a Slice game challenge. Find the game in the Week 5 Resource Folder and have fun. Play with someone you live with or share the game with a family member or friend over facetime. If you don't have dice, you can use pieces of paper.</p> <p style="text-align: center;">Week 5: Resource Folder</p> 

Activity 2

Mindful Monday: Do you need a break before breakdowns are the way to go. Some students find it helpful to set a timer for “work time” and schedule breaks every 30 minutes or so for 5/10 minutes to move your body and recharge. Come up with your own timeframe. Use the ideas below or create your own:

- Dance Party!
- Jumping Jacks
- Enjoy a snack/water
- Take a short walk outside.
- Color/draw/doodle



BRAIN BREAK

Toolbox Tuesday: Appreciation goes a long way. Reflect on the relationships in your life that are going well. Send a thoughtful thank you to a person who has helped you lately. It could be a parent, sibling, cousin, friend, teacher, neighbor, or anyone special in your life. Showing gratitude not only puts a smile on the faces of others, but it will make you smile as well.



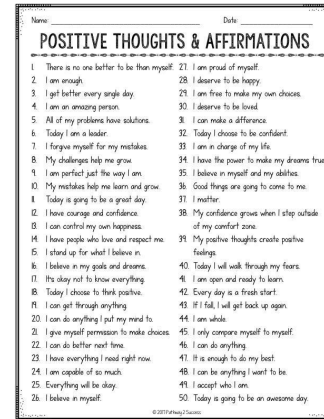
Wellness Wednesday: Staying on track and using a daily checklist helps us stay focused. Our brain might feel busy or distracted, but our “to do” list will keep us on track. Try using a “to do” checklist to organize what you need to accomplish each day. We are our habits, and organization tips help us maintain direction. You will find examples of “to do” lists that you can use in the Week 5: Resource Folder. A productive day allows for our brains to rest and recharge.

[Week 5: Resource Folder](#)



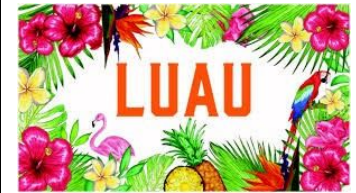
CHECKLIST

Think About It Thursday: Resiliency is the ability to bounce back. Pick a positive affirmation statement that speaks to you. Using a piece of paper, decorate your affirmation and hang it somewhere in your home. It will serve as a daily reminder that you can do hard things because you are resilient.



[Week 5: Resource Folder](#)

Fun Friday:



Think of a fun theme for a family meal. Everyone can join in the fun and make an ordinary meal something to remember. For example: Superhero Supper, Backwards Breakfast, or a Luau Lunch. Make fun memories during these challenging times. Use things in your home to transform the meal with music and decorations.



How Mindfulness Can Help During COVID-19

 childmind.org/article/how-mindfulness-can-help-during-covid-19

With schools closed and many parents working from home without childcare for the foreseeable future, it's hard not to start spiraling. Responsibilities seem endless, the situation dire, and it seems like time to yourself has become a thing of the past...

Take a deep breath. Literally. Feel a little better?

These are trying times, but incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills. Here are some tips from our clinicians on making mindfulness work for you and your family.

It doesn't have to be complicated

Being mindful is what it sounds like. Taking time to focus on the present, being intentional and thoughtful about where you are and how you are feeling. Trying to center your thoughts and be in the moment. Sounds simple, but it takes work, especially now when concerns about what the future holds feel so pressing. Mindful activities can help. "Mindfulness isn't complicated," says Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. Here are some simple activities she recommends:

- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- **Mindful Meal:** Pay attention to the smell, taste and look of your food. No multitasking.
- **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- **Blowing Bubbles:** Notice their shapes, textures and colors.
- **Coloring:** Color something. Focus on the colors and designs.
- **Listening to Music:** Focus on the whole song, or listen specifically to the voice or an instrument.

Make time for mindfulness

Right now much of the personal time that used to be part of our daily routines — commutes, time alone at home, going to the store — is not available. This means it's extra important to be intentional about creating space to recharge. Deciding to set time aside each day to practice mindful activities is a great place to start, says Dr. Emanuele. "The morning, before everyone is awake, can be a great time to really ground yourself." Morning mindfulness can help set the tone for the day. "Do deep breathing, meditate, exercise, whatever mindfulness activity works for you," she recommends. Mindfulness doesn't have to be elaborate: "You can try mindful eating or mindful drinking with a cup of coffee. Sit there and just be in the moment. That's mindfulness. Taking five minutes to do that before the day begins is even more important now because this is not our typical routine and we're going to feel very, very out of sorts."

Limit multi-tasking

Right now it can feel like trying to do ten things at once is the only way anything will get done. For example, trying to fold laundry, make dinner and watch your child all while on a work call.

But, explains Joanna Stern, PsyD, a clinical psychologist at the Child Mind Institute, multitasking rarely works, and can actually *increase* stress. "Multitasking is a myth," says Dr. Stern. Instead, she suggests achievable goals for the day, trying to focus on one thing at a time. For example, scheduling work calls during naptime, allowing kids to have a little extra screen time while you make dinner, or asking older children to help fold the laundry while you finish cleaning up.

Practice mindfulness as a family

Mindfulness, explains David Anderson, PhD, a clinical psychologist at the Child Mind Institute, is "Anything that helps everyone take a moment to slow down, stay present, and come together." Designating time to practice mindful activities as a family will help everyone feel less anxious. It could be a daily family yoga session, or a quiet walk in the woods as a group, taking time to focus on the way the air feels, the sound of the birds and the smell of the trees. Another good family mindfulness idea is asking everyone to mention one good thing they heard or saw that day over dinner.

Make peace with uncertainty

This situation is one of extreme uncertainty. We don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome. Learning how to tolerate the uncertainty is a huge part of building healthy coping skills for ourselves, which we then want to model for our children. "Right now it's very easy to let your brain spin out with the frightening possibilities," warns Dr. Anderson. "Practicing mindfulness helps bring us back to the present, and away from the brink."