
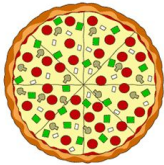


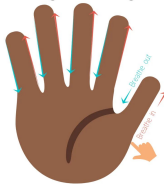



A Weekly Calendar for Mindfulness and Coping Activities

Engaging in these activities can help us to feel better when we are stressed or worried. Each day will have a journal prompt for students to reflect on their feelings. The second activity will be a way to practice mindfulness

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity 1 (Journal Prompt)</p>	<p>Draw a rainbow and a cloud.</p> <p>Inside the rainbow, write all the things that make you feel happy. Inside the storm cloud, write the things that make you sad or worried.</p> <p>Everyone has some rainbows and some storm clouds in their life. Writing and drawing them help us feel better!</p> 	<p>Draw a picture of the happiest memory you can think of. Include as many details as you can!</p> <p>Write a few sentences that describe the story of what you drew.</p>	<p>Draw a picture of a pizza, and add all the toppings you love. Write one thing you love about your family for each topping.</p> <p>Parents, if you would like, here's a recipe for homemade pizza dough to try together!</p> <p>https://www.americastestkitchen.com/kids/recipes/pizza-dough</p> 	<p>When I come back to school, I'm excited to...</p> <p>List all the things you'll do once we are back in school together! Even if we are apart now, remind yourself that this won't last forever, and we will all be together again soon.</p> 	<p>Write or draw a list of everything you are thankful for. Try and list 10 things, then maybe another 10. If you can think of more, keep going!</p> <p>How many things can you think of?</p> <p>Gratitude Video</p> <p>Video en Espanol</p>
<p>Activity 2 (mindfulness)</p>	<p>Self-Esteem Video en espanol</p> <p>Stand in the mirror and list 5 things you are good at or that you love about yourself.</p> <p>If you can't think of 5 things, have your family help you!</p> <p>Do this each morning this week.</p>	<p>Imagine the ocean using all 5 of your senses</p> <ul style="list-style-type: none"> - Listen for waves, what do they sound like? - Picture the blue of the ocean and the white tips of the waves, the yellow sand on the beach - Imagine the smell of the ocean - imagine your toes touching the sand- what does it feel like? Imagine you are stepping into the waves- what do they feel like? 	<p>Practice 5 Finger Breathing. Respira Video</p> <p>Put your hand out in front of you. Using your other hand, point to the outside of your thumb. Trace your hand, breathing in when you trace up your finger, breathing out when you trace back down.</p> <p>5 Finger Breathing</p> 	<p>Sound Hunt</p> <p>Find a comfortable spot to sit, either inside or outside. Sit for 3 minutes, being completely quiet. See how many different sounds you can hear. Notice if you can hear yourself breathing. What sounds are close to you? What sounds are far away?</p> 	<p>Emotion Book</p> <p>We all have different feelings each day. Watch "The Color Monster" video to learn about different feelings! Choose feelings that you feel and make your own pictures to show what they look like.</p> <p>Video en espanol</p> <p>Video in English</p>

How Mindfulness Can Help During COVID-19

[C childmind.org/article/how-mindfulness-can-help-during-covid-19](https://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."