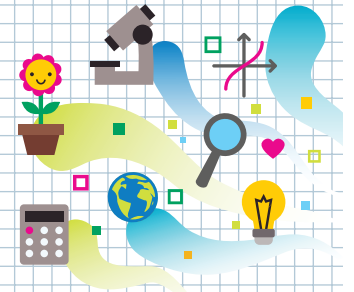




HEADS IN, HEARTS IN



Mindfulness Activities

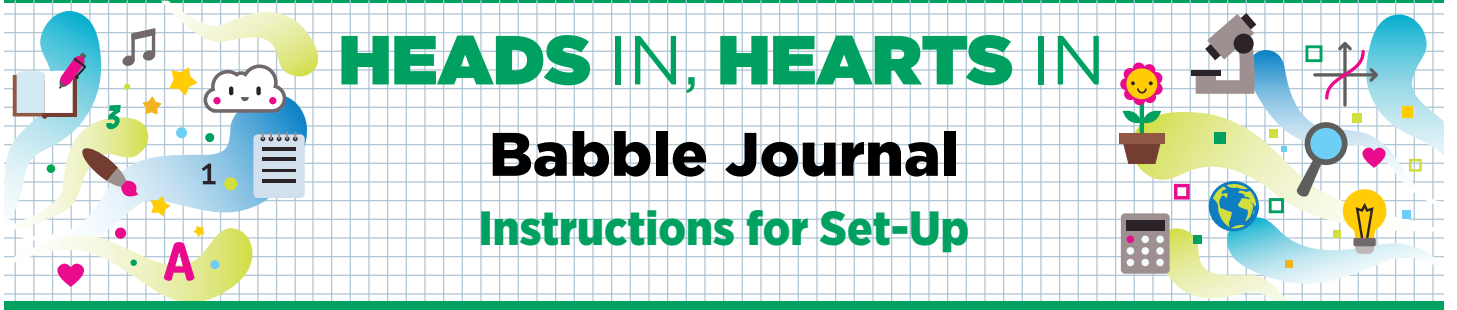
The Heads In, Hearts In Mindfulness program encourages families to use their minds (putting their “heads in”) as a tool to expand their knowledge around a variety of topic areas. By creating a shared educational experience, the family unit will work, grow and learn together, putting their “hearts in” to the process.

This unit contains the following:

- ▶ Babble Journal
- ▶ Body, Thoughts, Behaviors
- ▶ Calming Jar
- ▶ Circle Breathing
- ▶ Cloud Breathing
- ▶ Feeling So Good
- ▶ Five Outside
- ▶ Full Body Stretching
- ▶ Head to Toe
- ▶ Mindful Dice
- ▶ Mindful Eating
- ▶ Mindful Walking
- ▶ Progressive Muscle Relaxation
- ▶ Slow Stretch
- ▶ Sun Up, Sun Down
- ▶ Wiggle Jiggle



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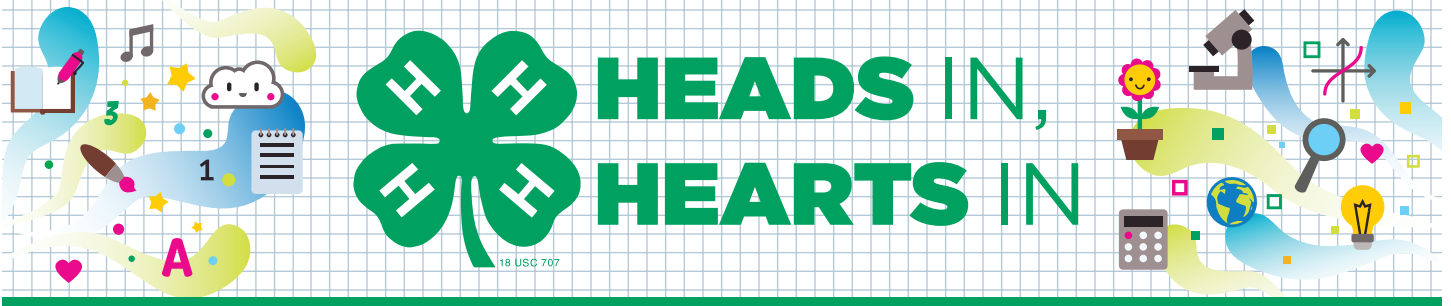
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Babble Journal” handout (1 per participant)
- Writing utensil
- Display Table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Babble Journal” handout for each participant.
- ▶ Set up the display table and arrange needed supplies.





Babble Journal

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

Journaling is a great way to reflect on thoughts and feelings. When journaling, it’s okay to babble and not have all of your thoughts or feelings organized into sentences. Babbling, or just getting the thoughts or words out, can be a great release of emotions that you’ve been holding inside. Use this activity to first brainstorm words or pictures to describe how you felt today, what you thought about and what emotions you might have felt. Then consider writing about today and what you think tomorrow will be like.

Instructions

1. Take a “Babble Journal“ handout and a writing utensil.
2. Look at the left side of the handout.
3. Using a writing utensil, write words or draw pictures about your day. Your thoughts don’t need to be complete or organized. In this area, babble! Consider:
 - How did you feel?
 - What did you think about?
 - What emotions did you experience?
4. Look at the right side of the handout. You will see three blocks with writing prompts.
5. Write about today, tomorrow and something you want to do or try soon. You can choose to use the words and pictures from the left side of the handout or write whatever comes to mind.

Babble Journal

Babble Journal Handout

In this area, write words or draw pictures about your day.

- How did you feel?
- What did you think about?
- What emotions did you experience?

Today was:

Tomorrow will be:

Something I want to do or try soon:



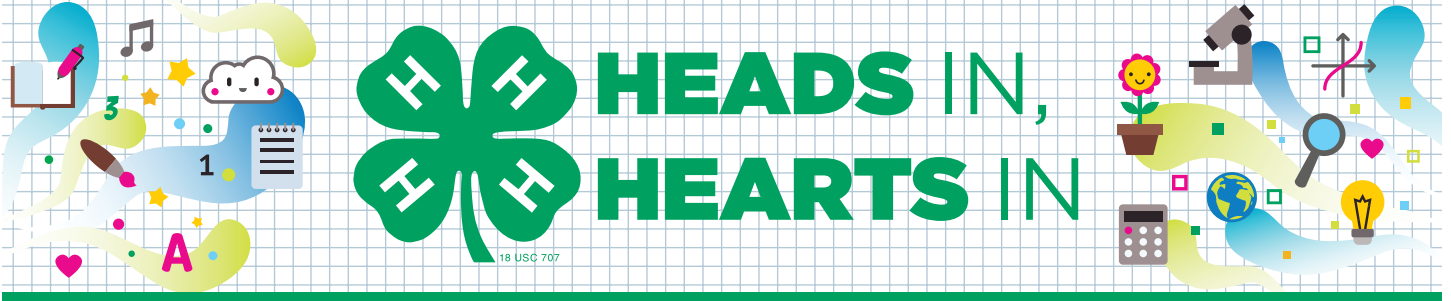
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Body, Thoughts, Behaviors” handout (1 per participant)
- Markers
- Display Table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Body, Thoughts, Behaviors” handout per participant.





Body, Thoughts, Behaviors

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

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What you will do and learn:

In this activity, you will think about how you process stress and strong emotions. When you understand how your body shows you that you are stressed and recognize what you think and feel when you are stressed, you can channel your energy and avoid unhelpful or harmful behaviors.

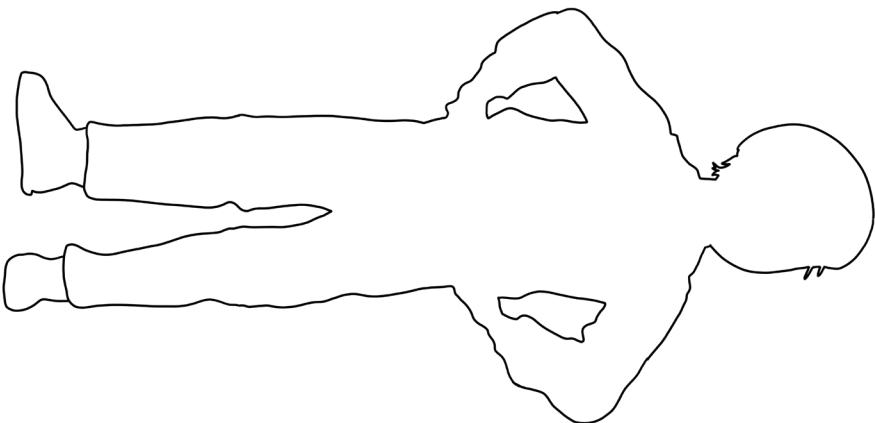
Instructions

1. Take a “Body, Thoughts, Behaviors” handout.
2. Think about how your body shows you that you are stressed. Your muscles might get tense, or you might feel flushed, start sweating or breathe quickly. Inside the outline of the body labeled “Body” on the handout, write down how your body shows stress.
3. Next, think about what you think or feel when stressed. Do you feel angry, hurt, worried, anxious, lonely or other emotions? Inside the outline of the body labeled “Thoughts” on the handout, write down what you think or feel when stressed.
4. Next, think about how you act or behave when stressed. You might yell, cry, throw things, withdraw from people, talk to a friend or take other action. Inside the outline of the body labeled “Behaviors” on the handout, write down your behaviors when you are stressed.
5. When you understand how your body reacts to stress and what you think when stressed, you can find helpful ways to manage your stress. At the bottom of the handout, write down some positive ways you can manage your stress.

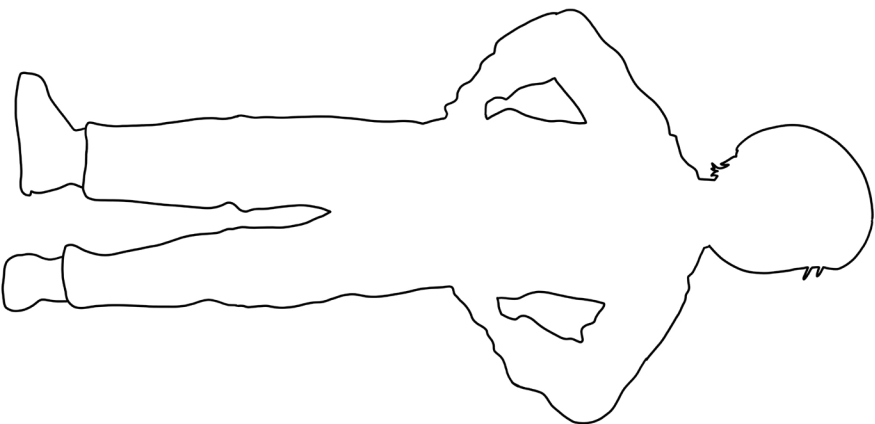
Body, Thoughts, Behaviors

Body, Thoughts, Behaviors Handout

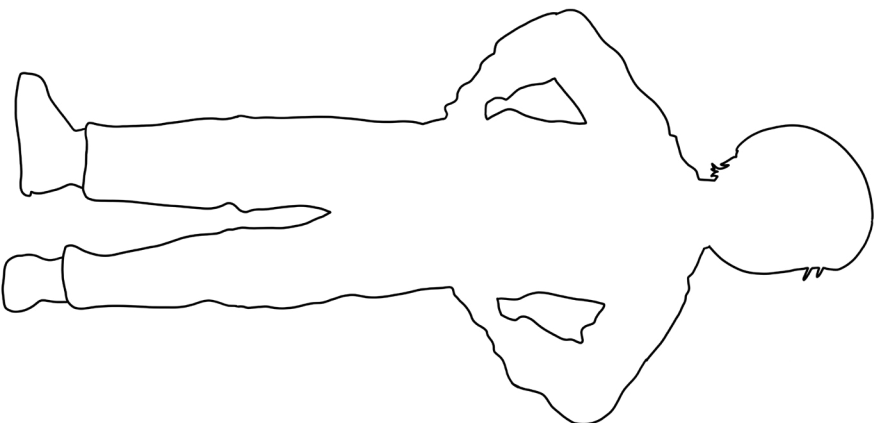
BODY



THOUGHTS



BEHAVIORS

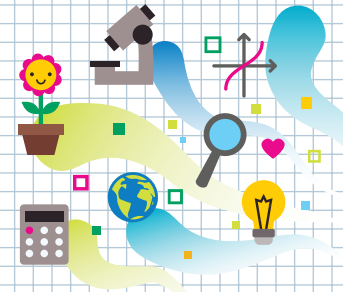


I can cope with stress by:



HEADS IN, HEARTS IN

Calming Jar Instructions for Set-Up



Supplies

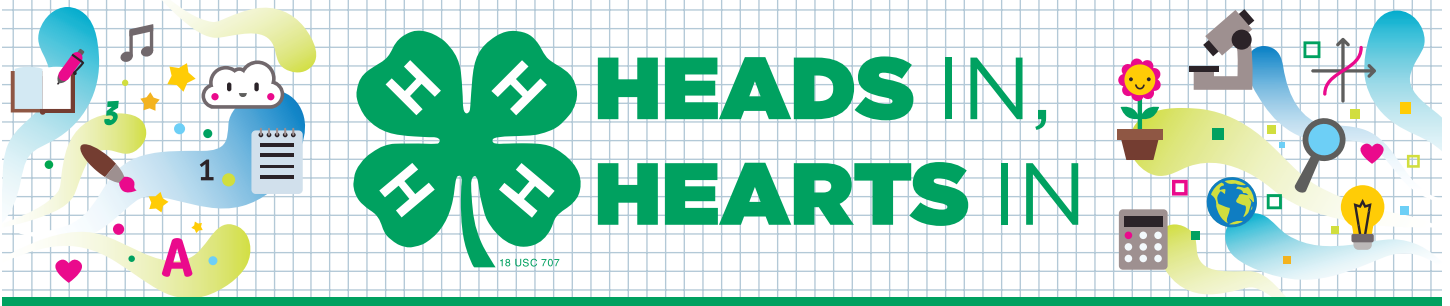
- “Guide for Families” handout
- Clear plastic standup display (optional)
- Clear plastic container such as a water bottle, pop bottle, juice bottle or mason jar with a top
- Warm water
- Liquid food coloring
- Clear tacky glue (3 ounces)
- Glitter glue (3 ounces)
- Glitter (ultrafine if possible)
- Strong holding glue (such as Super Glue)
- Paper towels (for cleanup as needed)
- Plastic tablecloth
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Arrange the supplies, making sure to keep strong holding glue out of reach of young children.



The “Calming Jar” activity also appears in two places on the Michigan State University Extension website as “[Calming Jar Instructions](#)” as part of MI Stronger Family and as “Calming Jar Instructions” in the Early Childhood Development section: <https://www.canr.msu.edu/resources/calming-jar-instructions>. It also is in the “Family Engagement” section of *Heads In, Hearts In*.



Calming Jar

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

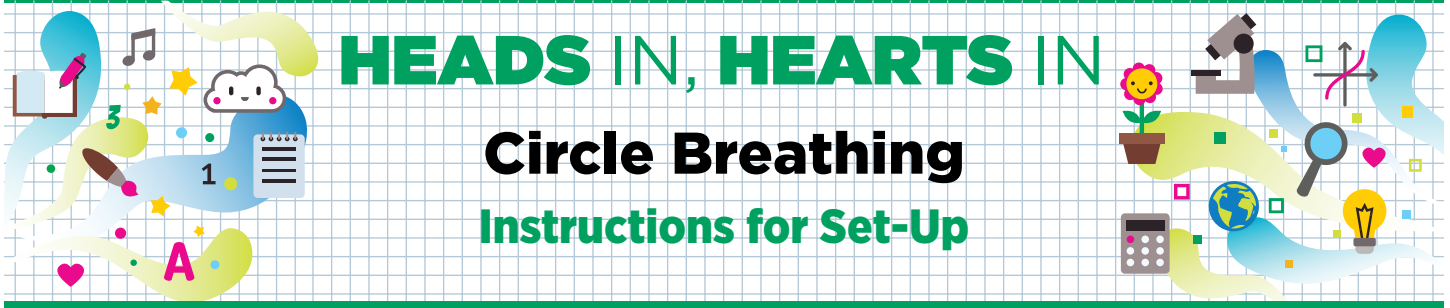
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will make a calming jar with the child. As you make the calming jar, let the child choose the colors and add the ingredients. Once the calming jar is made, shake it up and encourage the child to watch the glitter slowly settle to the bottom of the jar. When the child is feeling overwhelmed or experiencing a strong emotion, encourage them to shake up the jar and wait for the glitter to settle to the bottom of the jar. This gives them a few moments to calm down and manage their strong feelings. Have them shake up the calming jar as many times as they need until they feel calmer.

Instructions

1. Clean out the container and remove any labels so you can see through the container.
2. Fill the container $\frac{3}{4}$ full of warm water.
3. Add a few drops of food coloring (add more or less depending on the size of your container). Note: You do not want the water in your jar to be so dark that you cannot see the glitter.
4. Add clear tacky glue, glitter glue and glitter. Place the lid tightly back on the jar and shake it up until the tacky glue, glitter glue and glitter dissolve into the water. Note: Try adding a little bit of each ingredient at a time, putting the lid back on tightly and shaking it up to see how it looks. This way you do not put too much of anything in. Use paper towels as needed for cleanup.
5. Use the strong holding glue to glue the top onto your calming jar.
6. Shake up the jar and enjoy! **Note: Wait a few hours for the holding glue to dry before leaving the child unattended with the jar.**



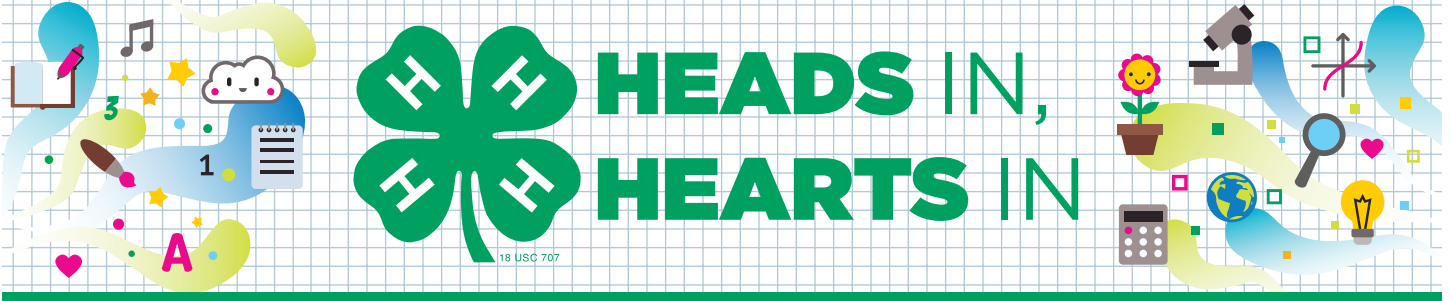
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Circle Breathing” handout (1 per family)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Circle Breathing” handout per family.
- ▶ Set up the display table and arrange needed supplies.





Circle Breathing

Guide for Families

Learning Objectives

What you need to know:

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What you will do and learn:

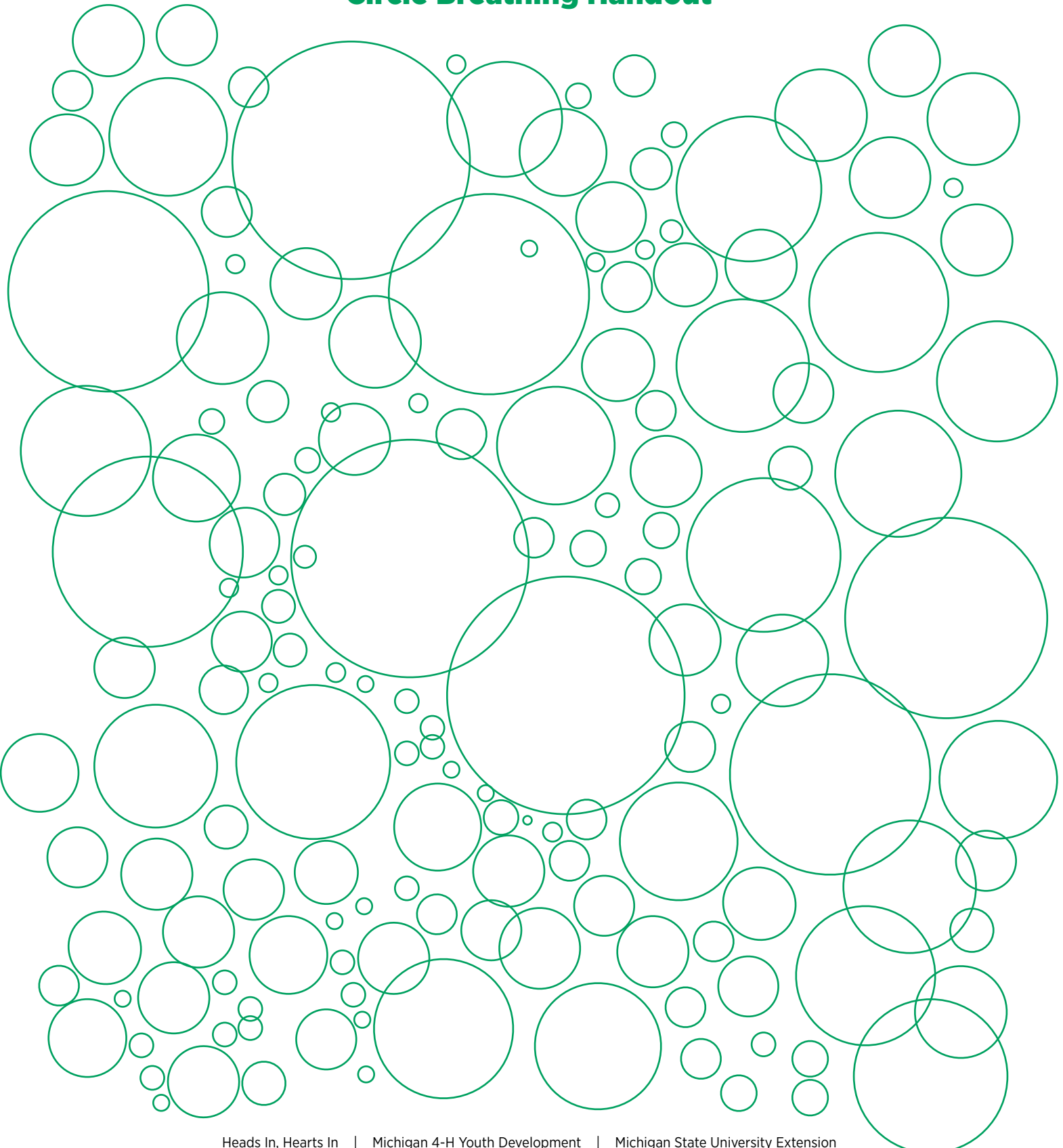
In this activity, you will use the “Circle Breathing” handout to learn a technique for connecting breathing to visual and hands-on learning.

Instructions

1. Take a “Circle Breathing” handout.
2. While standing or sitting, look at the handout and the variety of circles.
3. Notice that some circles are large, while others are small.
4. Choose a circle and trace it with your finger. Breathe in slowly as you trace the circle.
5. Choose another circle and trace it with your finger. Breathe out slowly as you trace the circle.
6. Repeat this several times, choosing different circles as you breathe in and breathe out.

Circle Breathing

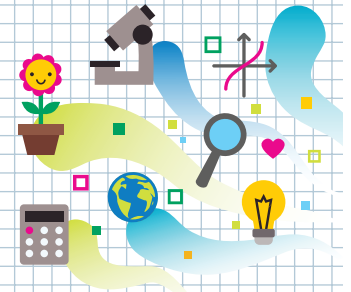
Circle Breathing Handout





HEADS IN, HEARTS IN

Cloud Breathing Instructions for Set-Up



Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Scissors
- Strong paper such as cardstock or a paper plate
- Crayons, color pencils or markers
- Yarn or crepe paper
- Tape
- Display table

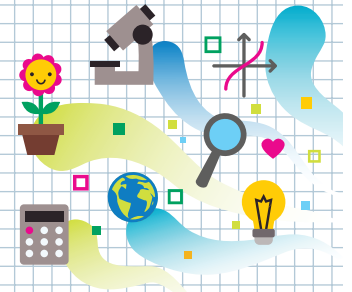
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Set up the display table and arrange needed supplies.





HEADS IN, HEARTS IN



Cloud Breathing

Guide for Families

Learning Objectives

What you need to know:

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What you will do and learn:

In this activity, you will use your breath to explore fast and slow breathing, as well as breathing through your nose and mouth. This activity will teach you to “see” the breaths you take.

Instructions

1. Using scissors, cut the strong paper or paper plate into the shape of a cloud.
2. Decorate it, using the crayons, color pencils or markers.
3. Using the scissors, cut the yarn or crepe paper into a variety of lengths.
4. Using the tape, attach several pieces of yarn or crepe paper to the edges of the cloud.
5. Hold the cloud upright so the pieces of yarn or crepe paper are dangling downward.
6. Practice a variety of breathing techniques by breathing in (inhaling) and out (exhaling) causing the yarn to move. Observe what happens to the yarn or crepe paper.
7. First try by breathing through your mouth. Then try by breathing through your nose.
 - Breathe in slowly, observing what happens to the yarn or crepe paper.
 - Breathe out slowly, observing what happens to the yarn or crepe paper.
 - Breathe in quickly, observing what happens to the yarn or crepe paper.
 - Breathe out quickly, observing what happens to the yarn or crepe paper.
 - Take several quick breaths, in and out, in and out, observing what happens to your cloud.
8. Think about times when your breathing is slow. When does that happen?
9. Think about times when your breathing is quick. When does that happen?
10. Think about times when you need to control your breathing and make it slower or faster.



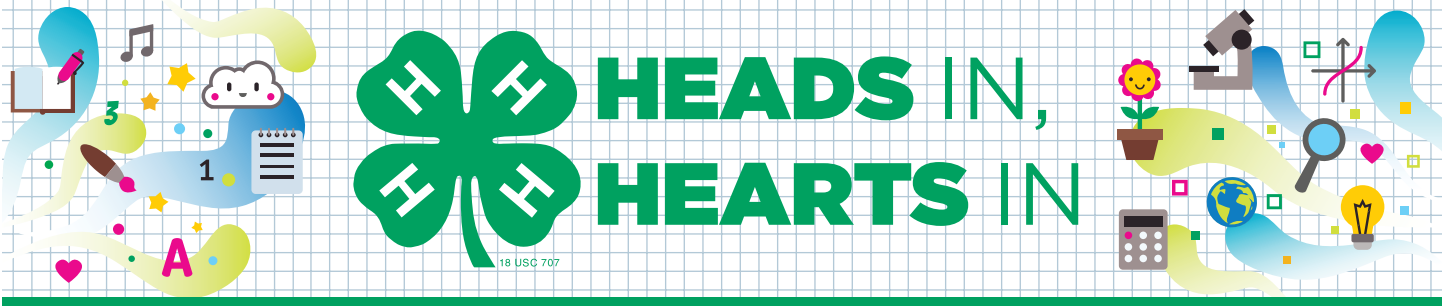
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Feeling So Good” handout (1 per participant)
- Crayons or markers
- Additional craft supplies such as stickers, magazines, scissors, and glue or tape (optional)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Feeling So Good” handout per participant.
- ▶ Set up the display table and arrange needed supplies.





Feeling So Good

Guide for Families

Learning Objectives

What you need to know:

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Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

What makes us feel happy, satisfied, content or just good can be difficult to put into words. Oftentimes, we talk about our negative feelings and emotions as a way to express worry, concern or anger. However, we often forget to talk about our positive feelings as a way to express happiness, satisfaction or positive physical energy. This activity encourages you to take a moment and reflect about when you’re feeling good and share what you’re feeling with someone you care about.

Instructions

1. Think about a time you have felt happy, satisfied or content.
2. Consider: Where were you? What were you doing? What was happening around you? Who were you with?
3. As you reflect, consider your emotions and feelings.
4. Also consider how you felt physically. Did you smile, feel full of energy, feel like skipping instead of walking or get motivated to do a physical activity?
5. Share with someone you care about how you felt emotionally and physically.
6. Take one “Feeling So Good” handout.
7. Use words, draw pictures, or apply stickers or glue pictures from magazines (if these are supplied) to decorate the handout. Be creative and show what makes you so happy.
8. Put this handout somewhere you’ll see it often.

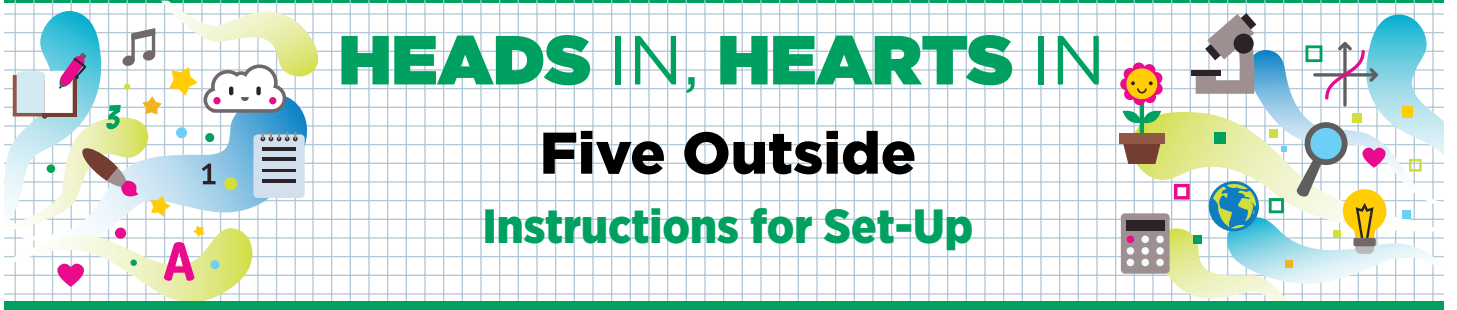
Feeling So Good

Feeling So Good Handout

FEELING

SO

GOOD



Supplies

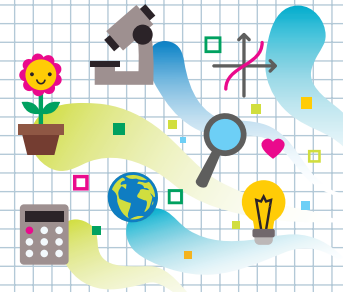
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Five Outside” handout (1 per participant)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Five Outside” handout per participant.
- ▶ Set up the display table and arrange needed supplies.



HEADS IN, HEARTS IN



Five Outside Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

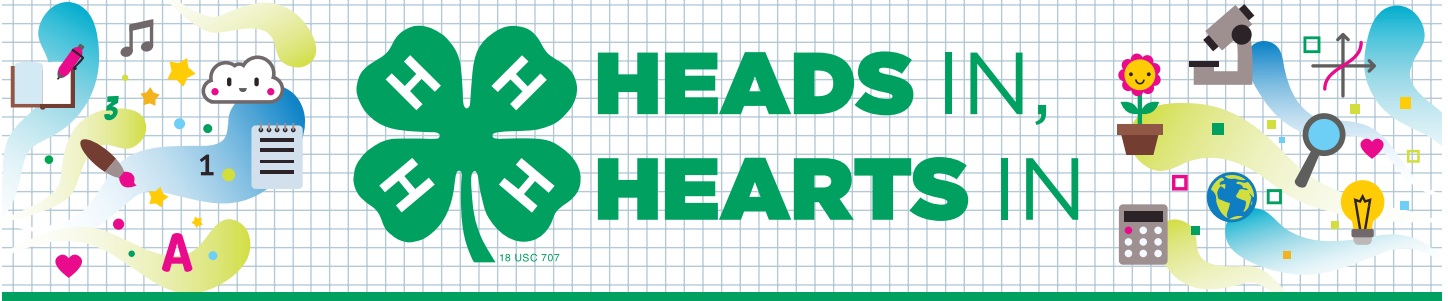
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

Mindfulness can easily be practiced outside. In this activity, you'll go outside to practice mindfulness using your five senses and each of the fingers on one hand. Remember, your five senses include sight, smell, hearing, touch and taste.

Instructions

1. Safely go outside and find a comfortable place to stand, sit or lie down.
2. Recall that you have five senses: sight, smell, hearing, touch and taste.
3. Use each of the fingers on one hand to identify each of the five senses you are experiencing using the “Five Outside” handout as a guide.
4. Begin by using one hand to hold the thumb of the other hand. As you hold your thumb, consider the first sense: sight.
5. Slowly observe what you see. Notice movements, animals, plants, wind moving the grass or trees, clouds and other things.
6. Move to your first (pointer or index) finger and hold that finger with your other hand. As you hold your first finger, consider the sense: smell.
7. Slowly observe what you smell. Notice smells of flowers, grass, soil, laundry, cars, baked goods and other smells.
8. Move to your second (middle) finger and hold that finger with your other hand. As you hold your second finger, consider the sense: hearing.
9. Slowly observe what you hear. Notice sounds of animals, wind in the trees, movement from in the yard or outside the house, traffic, airplanes and other sounds.



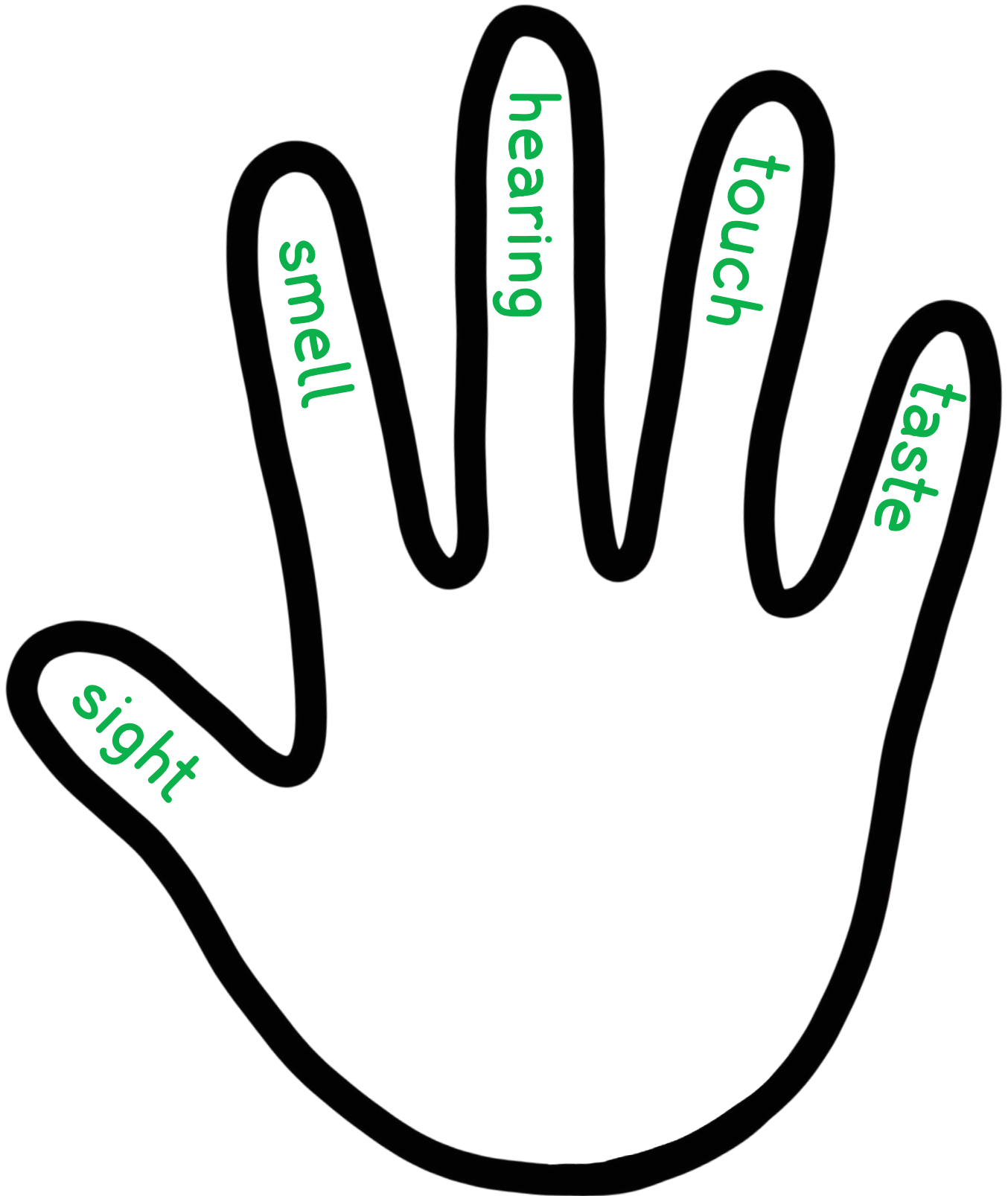
Five Outside

Guide for Families, continued

10. Move to your third (ring) finger and hold that finger with your other hand. As you hold your third finger, consider the sense: touch.
11. Let go of your finger and slowly observe what you can touch around you. Notice textures such as smooth, scratchy, bumpy, soft and prickly. Try to touch as many different textures as you can.
12. Move to your fourth (little or pinky) finger and hold that finger with your other hand. As you hold your fourth finger, consider the sense: taste.
13. Slowly observe what you taste in your mouth. Stick your tongue out, hold it outside of your mouth and count to 20. Observe if your tongue and lips are dry or wet.
14. Repeat this activity in a variety of outdoor locations such as the beach, at a park or on the playground.

Five Outside

Five Outside Handout

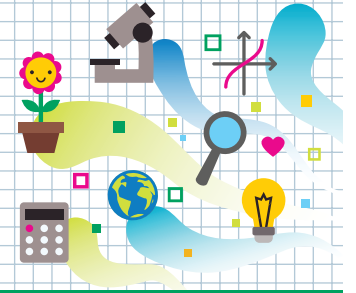




HEADS IN, HEARTS IN

Full Body Stretching

Instructions for Set-Up



Supplies

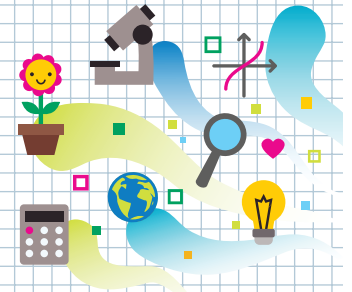
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Full Body Stretching” handout (1 per family)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print copies of the “Full Body Stretching” handout.



HEADS IN, HEARTS IN



Full Body Stretching

Guide for Families

Learning Objectives

What you need to know:

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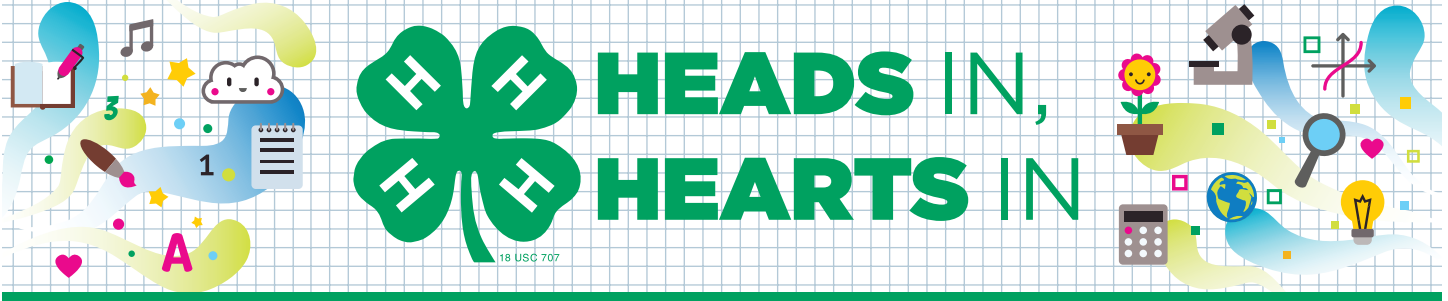
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will stretch your whole body while engaging in intentional, slow breathing paired with movements. The goal is not to complete the activity quickly or be the one with the deepest stretch or the longest breath, but to do the activity in the way best for your body and where you are today. Modify or change the activity in any way you need to for it to be comfortable for you.

Instructions

1. Begin by standing up. Each movement will be paired with a breath, so you will move while breathing in (inhaling) and move while breathing out (exhaling).
2. Inhaling, lift both of your arms overhead, stretching them above your body.
3. Exhaling, let your arms slowly come back down to your sides.
4. Inhaling, lift both of your arms overhead, stretching them above your body.
5. Exhaling, keep your arms stretched tall, and lean your body down toward the right.
6. Inhaling, bring your arms back overhead, standing tall.
7. Exhaling, keep your arms stretched tall, and lean your body down toward the left.
8. Inhaling, bring your arms back overhead, standing tall.
9. Exhaling, bend forward, letting your arms stretch down toward the floor.
10. Inhaling, lift your body up, stretching your arms tall above your body and coming up onto your tiptoes.
11. Exhaling, drop down from your tiptoes onto flat feet, bend forward and bring your arms down toward the floor.



Full Body Stretching

Guide for Families, continued

12. Inhaling, slowly bring your body up, stretching your arms over your body.
13. Exhaling, bring your arms down to rest at your sides.
14. Repeat these stretches as many times as you would like. Add or substitute with your own movements.

Full Body Stretching

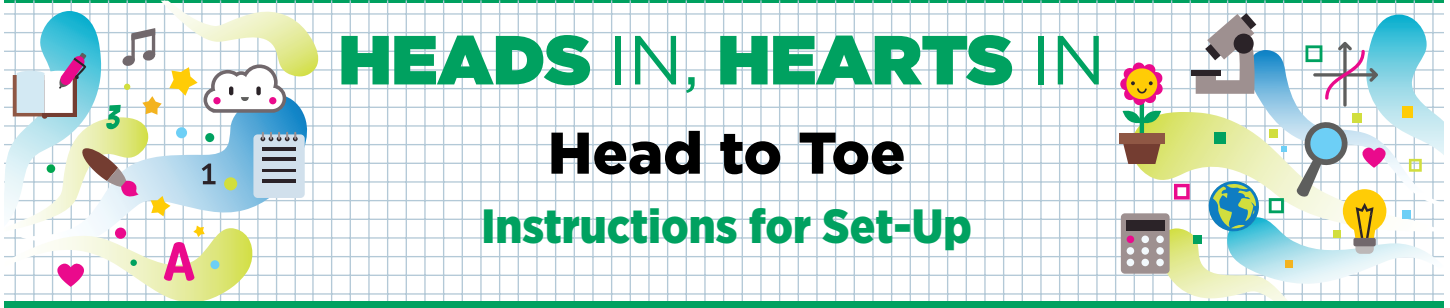
Full Body Stretching Handout

Inhale	Exhale
<p>Inhaling, lift both of your arms overhead, stretching them above your body.</p> 	<p>Exhaling, let your arms slowly come back down to your sides.</p> 
<p>Inhaling, lift both of your arms overhead, stretching them above your body.</p> 	<p>Exhaling, keep your arms stretched tall, and lean your body down toward the right.</p> 
<p>Inhaling, bring your arms back overhead, standing tall.</p> 	<p>Exhaling, keep your arms stretched tall, and lean your body down toward the left.</p> 

Full Body Stretching

Full Body Stretching Handout, continued

Inhale	Exhale
<p>Inhaling, bring your arms back overhead, standing tall.</p> 	<p>Exhaling, bend forward, letting your arms stretch down toward the floor.</p> 
<p>Inhaling, lift your body up stretching your arms tall above your body and coming up onto your tiptoes.</p> 	<p>Exhaling, drop down from your tiptoes onto flat feet, bend forward and bring your arms down toward the floor.</p> 
<p>Inhaling, slowly bring your body up, stretching your arms over your body.</p> 	<p>Exhaling, bring your arms down to rest at your sides.</p> 



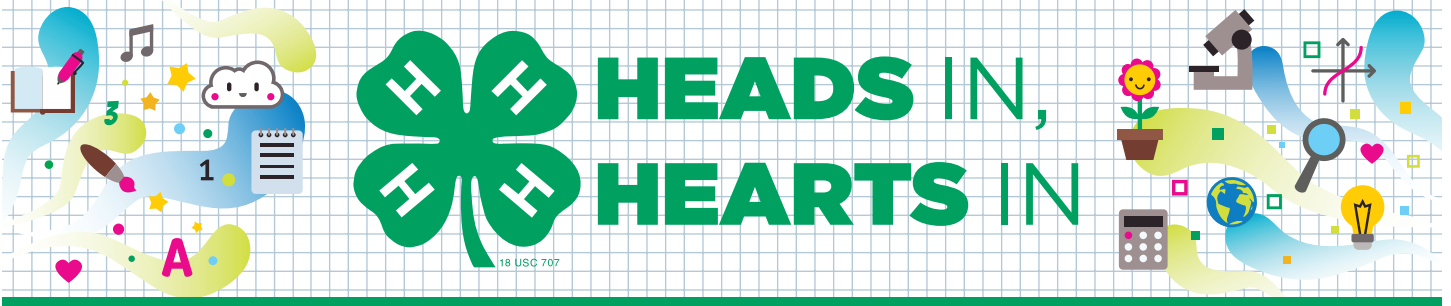
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Head to Toe” handout
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Head to Toe” handout.

This “Head to Toe” handout is an adaptation of the “Head to Toe” handout that appears in the “Family Engagement” section of *Heads In, Hearts In*.



Head to Toe

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will teach the child a technique for feeling calm by doing a head-to-toe body scan. A body scan is like a check-in with your body to see if you are holding tension in your muscles. Paying attention and taking slow, deep breaths can help you lessen any stress the child might be feeling and bring on feelings of calm.

Instructions

1. Tell the child that you are going to practice an activity together called “Head to Toe” in which you will do a check-in to see how their body is feeling.
2. Encourage the child to lay down comfortably or stand if they would prefer.
3. Using the body scan “Head to Toe” handout as a guide, help the child notice and pay attention to their whole body.
4. Starting with toes, ask the child to notice their toes. They can wiggle their toes or squeeze them tightly and then relax them.
5. Pause and encourage the child to take a deep breath.
6. Next, ask the child to notice their feet. They can wiggle their feet or squeeze them tightly and then relax them.
7. Pause and encourage the child to take a deep breath.
8. Continue on in this way until you have covered all of the body parts listed on the handout and the child is calm.

Head to Toe

Head to Toe Handout

Toes

Feet

Belly

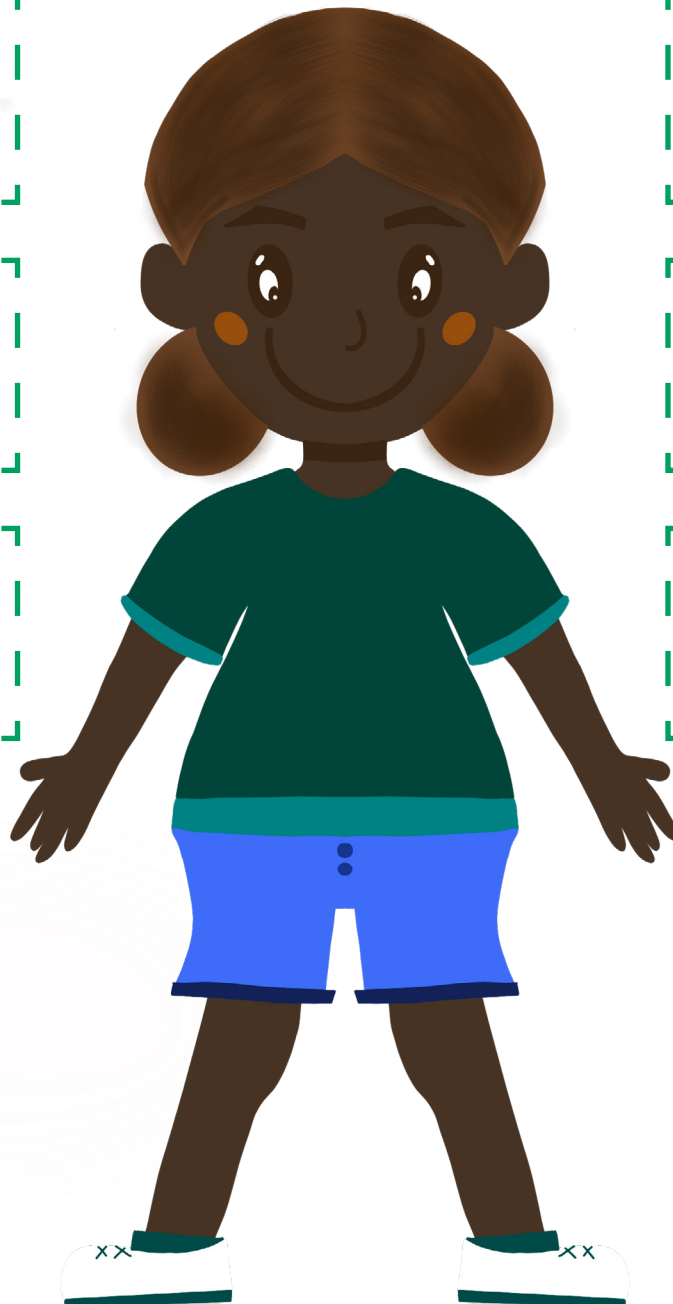
Legs

Shoulder

Arms

Hands

Face



This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.

Head to Toe

Head to Toe Handout, continued

Toes

Feet

Belly

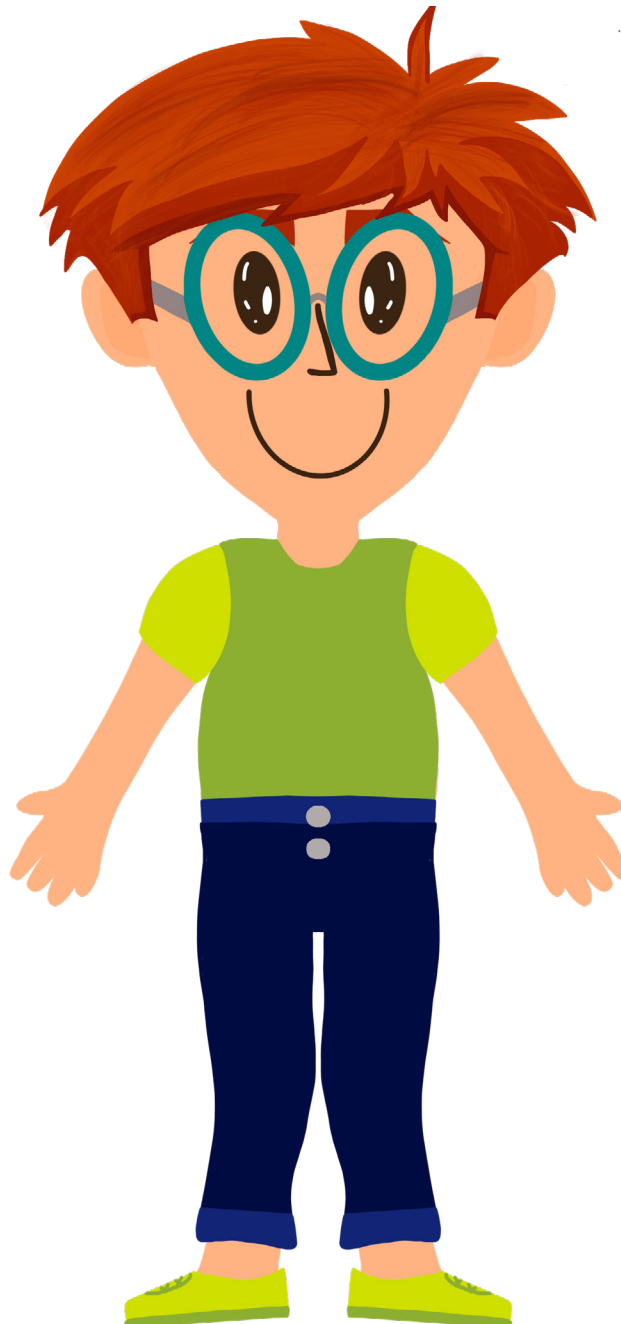
Legs

Shoulder

Arms

Hands

Face

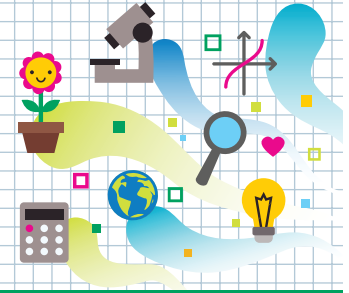


This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.



HEADS IN, HEARTS IN

Mindful Dice Instructions for Set-Up

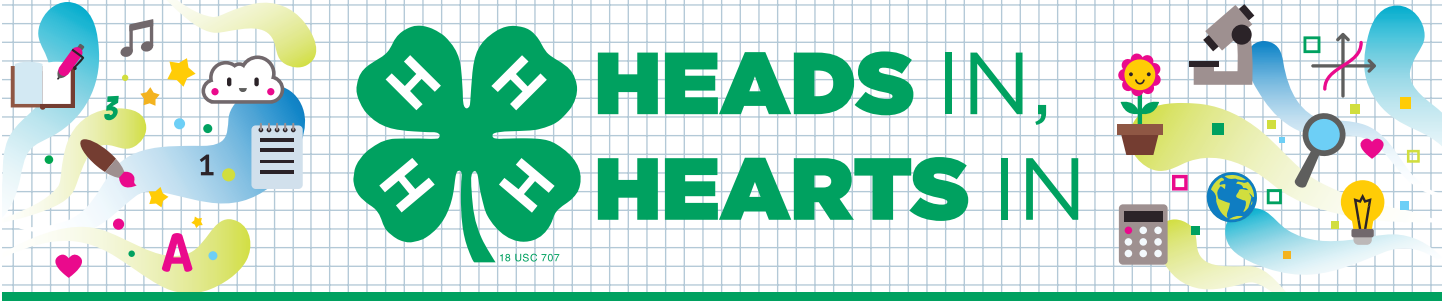


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 1 die per family
- “Mindfulness Activities” handout
- “Mindful at Home” handout (1 per family)
- 6–8 Individual bottles of bubbles
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Mindfulness Activities” handout on durable paper. Laminate if desired.
- ▶ Print one copy per family of the “Mindful at Home” handout on durable paper. Laminate if desired.
- ▶ Set up the display table and arrange needed supplies.



Mindful Dice

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

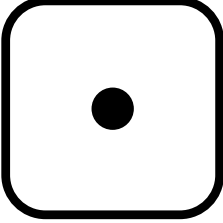
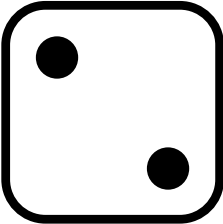
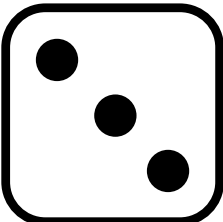
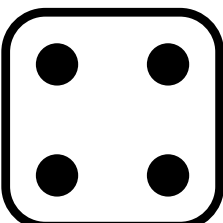
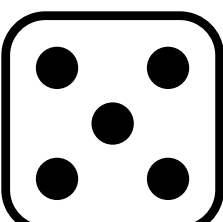
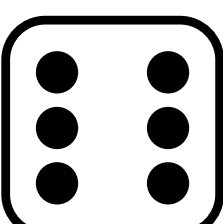
In this activity, you will roll a die and practice a mindfulness activity that goes with each number on the die. You will learn six mindfulness activities you can use when you feel overwhelmed or stressed.

Instructions

1. Pick up one die. (A **die** is the singular form of dice.)
2. Roll the die to see what mindfulness activity to try. Use the “Mindfulness Activities” handout to find what activity you will practice.
3. Take a “Mindful at Home” handout and read the description of the activity you rolled.
4. Practice the activity.
5. See if you can practice all six mindfulness activities.
6. Take the “Mindful at Home” handout home to continue practicing mindfulness.
7. While at home, think about other mindfulness activities you can practice.

Mindful Dice

Mindfulness Activities Handout

	Box Breathing
	Belly Breathing
	Number Breathing
	Bubble Breathing
	Vibrating Breath
	Centering Breath

Mindful Dice

Mindful at Home Handout, continued

Box Breathing



You will draw an invisible box in the air with your pointer finger while you breathe. This breathing technique has four parts: inhale, pause, exhale and another pause. As you inhale, draw an invisible line with your pointer finger left to right (the top of your box) and breathe in for 4 seconds. Next, you will pause, holding the air in your lungs for 3 seconds and draw the side of your box with your pointer finger down. Next, breathe out for 4 seconds while drawing the bottom of your box, right to left. Finally, hold the air in your lungs for 3 seconds while completing your box, drawing bottom to top. Repeat box breathing for a few rounds.

Belly Breathing



Place your hand over your belly. Breathe in deeply, and let your belly expand pushing out. Exhale, and notice your belly pull in as you push the air out of your lungs. Feel how your belly expands each inhale and contracts or gets smaller each exhale.

Number Breathing



Try to slow down your breathing by inhaling and exhaling for a certain number of seconds. Begin by breathing in for a count of 4, and breathing out for a count of 4. Do this for three breaths, and then begin to deepen your breathing by breathing in for a count of 5 and out for a count of 5. Continue this breathing activity to a count of 6, 7 and 8. Stop any time you feel dizzy or lightheaded.

Mindful Dice

Mindful at Home Handout

Bubble Breathing



Slow down and practice bubble breathing. Take a bottle of bubbles. Breathe in slowly and as you breathe out, purse your lips and breathe steadily through the bubble wand to create bubbles. Play with your exhales, and see how slowly you can breathe out or how forcefully you can breathe out and still blow bubbles.

Vibrating Breath



Place your hand flat on your chest. Take a deep breath in and as you breathe out, make a sound in the back of your throat that sounds like “Mmmmmm.” Notice the vibration under your hands as you exhale. Repeat five to six vibrating breaths.

Centering Breath



Stand up with your feet together. Take a deep breath in and stretch your arms up over your head, pulling your body up tall. Breathing out, keep your arms straight and stretch your body down to the left, feeling a stretch in the right side of your body. Breathing in, come back to center, stretching tall. Breathing out, keep your arms straight and stretch your body down to the right, feeling a stretch in the left side of your body. Breathe in and come back to center. Repeat five more centering breaths moving slowly and intentionally.



Supplies

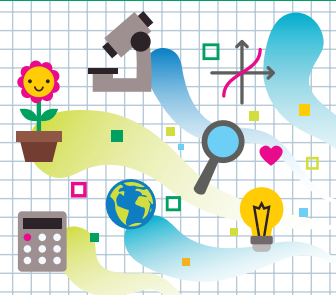
- “Guide for Families” handout
- Apples (1–2 slices per participant)
- Sharp knife
- Paper plates
- Large bowl (optional)
- Water (optional)
- Lemon juice (optional)
- Towels or paper towels (optional)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Using the sharp knife, cut up the apples into slices and place them on a paper plate.
- ▶ If you are preparing this activity for a large event, you may want to cut the apples ahead of time and place them in a large bowl with water and a little lemon juice to prevent them from turning brown. If you do so, dry them off with a towel or paper towel before beginning the activity.



HEADS IN, HEARTS IN



Mindful Eating Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will practice mindful eating. The goal of mindful eating is to eat slowly using all of your senses. This activity will challenge you to slow down, eat with mindful attention and focus your energy on the present moment.

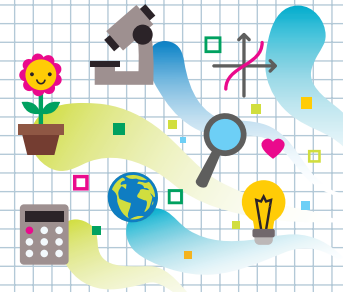
Instructions

1. Pick up an apple slice.
2. Look at the apple slice. Notice the color and shape. Notice how the color of the skin differs from the color of the inside.
3. Touch the apple slice. Pick it up in your hands and notice what the apple feels like beneath your fingers. Notice how the skin of the apple feels different from the inside of the apple. Notice the moisture of the juice of the apple as you handle it or how it feels to squeeze the apple gently between your fingers.
4. Smell the apple slice. Hold the apple up to your nose and notice what the apple smells like.
5. Take a bite of the apple. Before you chew it, let it sit on your tongue for a minute. Notice how it feels on your tongue. Notice what you taste and the feel of the apple on your tongue.
6. Chew the apple slice. Notice how it feels on your teeth as you chew. Notice the flavor of the apple. Is it sweet? Sour? Tart?
7. Continue to chew your apple and notice how the taste changes as you chew.
8. Repeat this process for each bite of your apple.



HEADS IN, HEARTS IN

Mindful Walking Instructions for Set-Up



Supplies

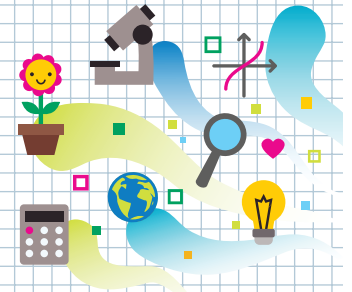
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Mindful Practices Cards” handout
- Scissors
- Hole punch (single)
- String, yarn or metal binder rings
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print enough copies of the “Mindful Practices Cards” handout for participants.
- ▶ Cut out each card.
- ▶ Punch a hole in the top corner of each card.
- ▶ Tie the cards together with a piece of string or yarn, or use a metal binder ring to hold them together.



HEADS IN, HEARTS IN



Mindful Walking Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will take a walk and practice slowing down and trying mindful noticing. The goal is not to complete the activity quickly or to notice the most things. Instead, the goal is to slow down, breathe deeply and focus your energy on the present moment.

Instructions

1. Take your “Mindful Practices Cards,” and go for a walk.
2. As you walk, pull out one of the “Mindful Practices Cards.”
3. Stop walking for a moment and follow the instructions on the card. You can think about what you notice or say it out loud.
4. After a moment, continue your walk.
5. Continue to pull out additional “Mindful Practices Cards” while walking and pause to notice or to take a deep breath.
6. You can use these practices with or without the cards while you are doing just about anything during your day to help you slow down and feel calm.

Mindful Walking

Mindful Practices Cards Handout

Notice one thing that you see.



see

Notice one thing that you hear.



hear

Notice one thing that you smell.



smell

Notice one thing that you can touch, and touch it if possible.

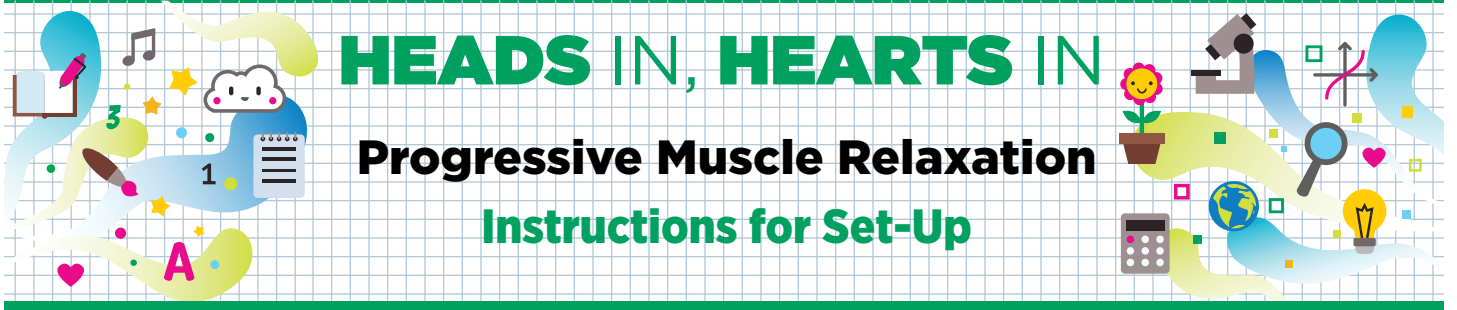


touch

Take a deep breath in and out of your nose.



breathe

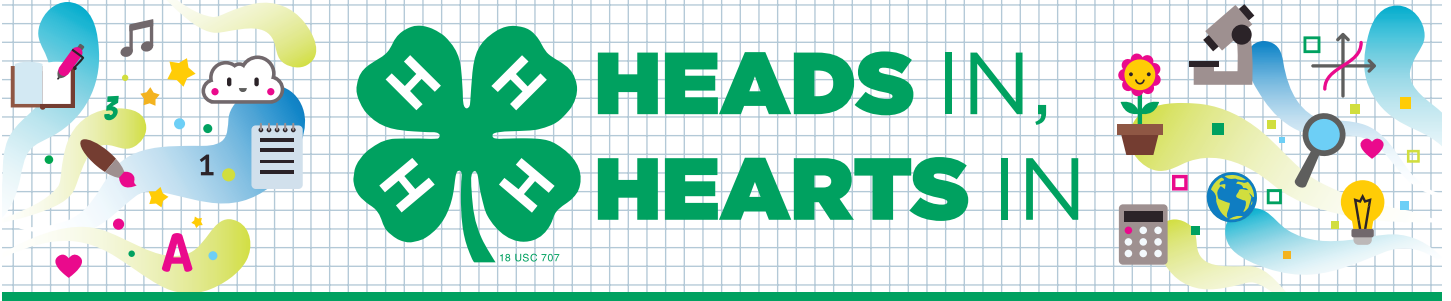


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Head to Toe” handout (1 per family)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Head to Toe” handout per family.



Progressive Muscle Relaxation

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will practice progressive muscle relaxation, a mindfulness technique in which you intentionally tense up muscles in your body so that when you relax them, you notice and remember what it feels like to have your muscles be relaxed. This technique can help you identify tension in your body and let that tension go.

Instructions

1. Find a place to lie down comfortably, or stand if you prefer.
2. Using the “Head to Toe” handout as a guide, notice and pay attention to your whole body.
3. Starting with toes, bring your attention to the toes on your right foot. You can wiggle your toes or squeeze them tightly and then relax them.
4. Pause and take a deep breath.
5. Next, notice the toes on your left foot. You can wiggle them or squeeze them tightly and then relax them.
6. Pause and take a deep breath.
7. Continue on in this way until you have covered all of the body parts listed on the handout and you are feeling calm.

Progressive Muscle Relaxation

Head to Toe Handout

Toes

Feet

Belly

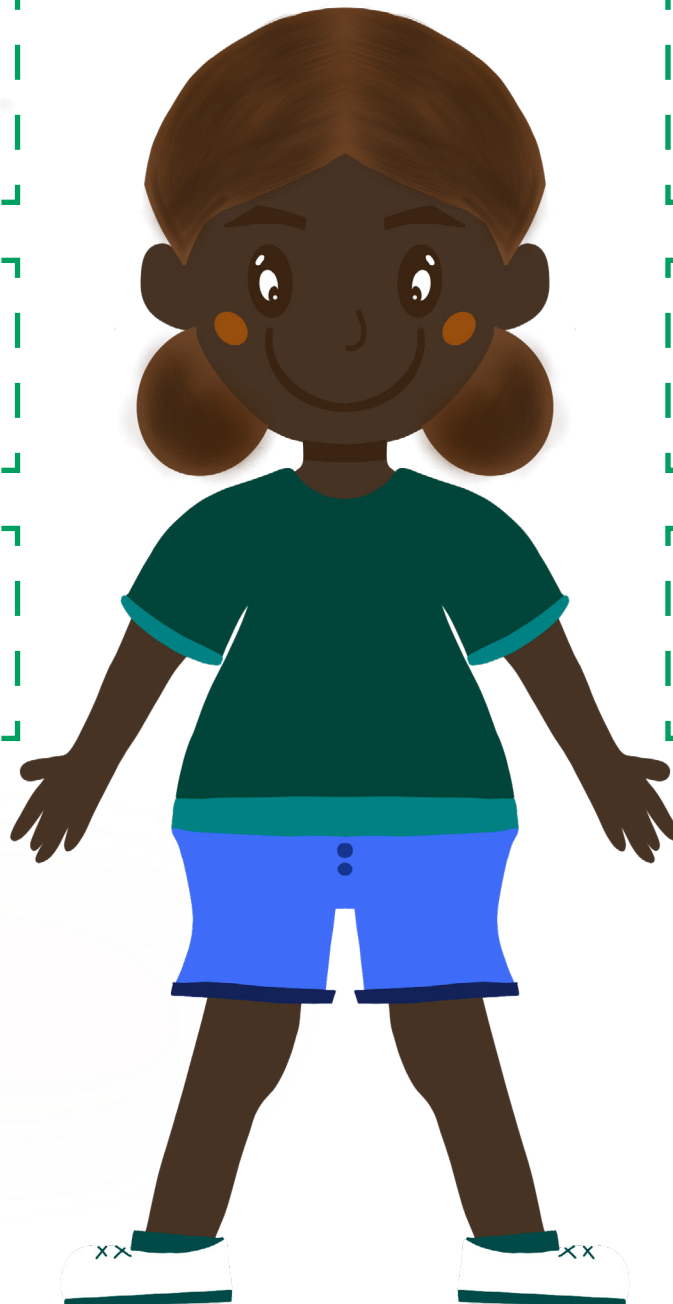
Legs

Shoulder

Arms

Hands

Face



This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.

Progressive Muscle Relaxation

Head to Toe Handout, continued

Toes

Feet

Belly

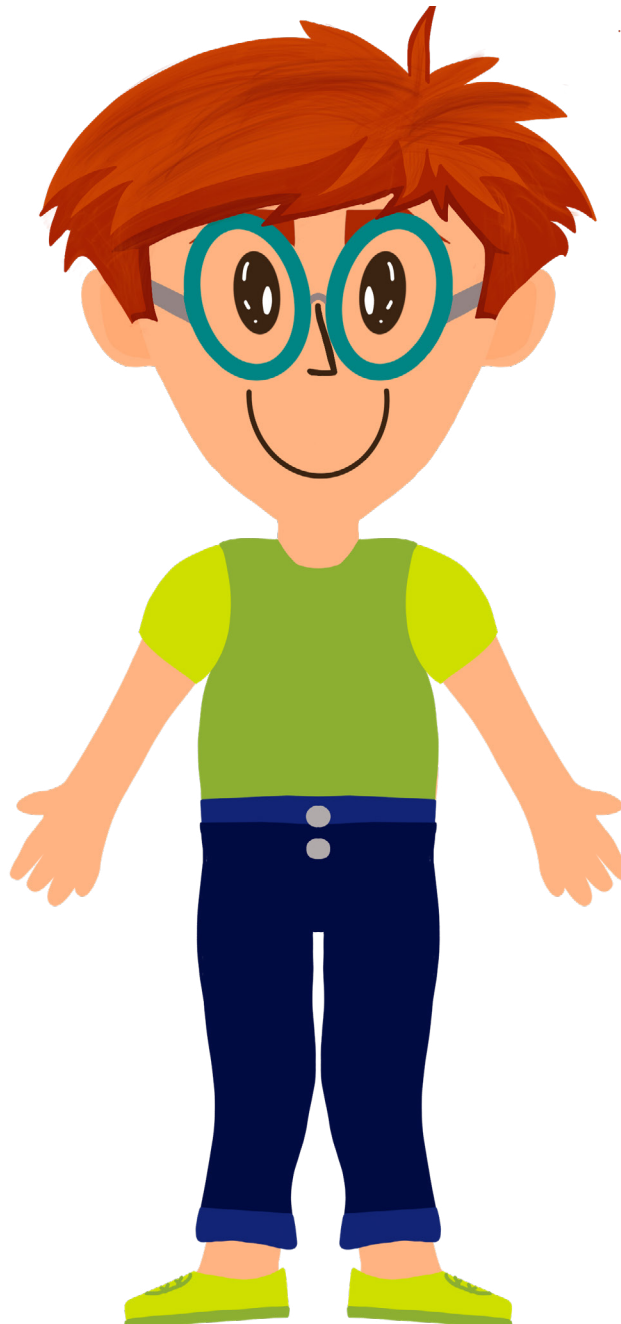
Legs

Shoulder

Arms

Hands

Face

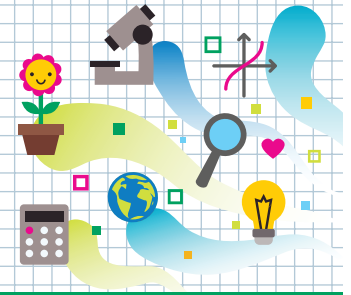


This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.



HEADS IN, HEARTS IN

Slow Stretch Instructions for Set-Up



Supplies

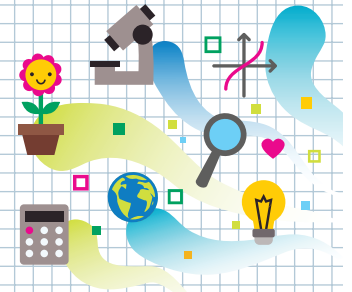
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Slow Stretch” handout (1 per family)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Slow Stretch” handout per family.



HEADS IN, HEARTS IN



Slow Stretch Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

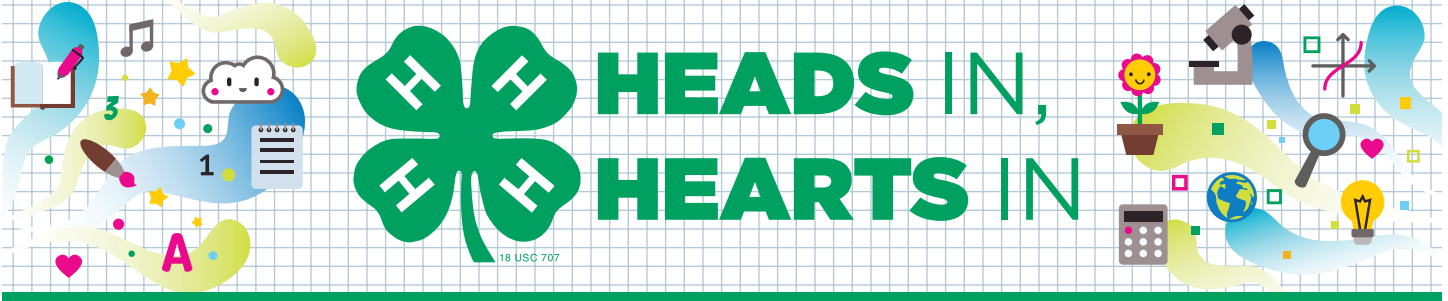
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will practice pairing your breathing with gentle movements. The goal is not to complete the activity quickly or be the one with the deepest stretch or the longest breath. Instead, the goal is to do the activity in the way that is best for your body and where you are today. Modify or change the activity in any way you need to for it to be comfortable for you.

Instructions

1. Begin by lying down on your back. You may choose to lie on an exercise mat or a blanket to be more comfortable.
2. Each movement will be paired with a breath, so you will move while inhaling and move while exhaling.
3. Inhaling, bring both of your knees in toward your chest. If it's comfortable for you, you can place your hands on your shins or wrap your arms around your legs and pull them closer to your body.
4. Exhaling, stretch your legs out straight on the floor.
5. Inhaling, bring both of your knees in toward your chest.
6. Exhaling, if it is comfortable for you, you can place your hands on your shins or wrap your arms around your legs and pull them closer to your body.
7. Inhaling, stretch your arms out to your sides in a “T” shape and rest them on the floor.
8. Exhaling, drop your knees down toward the floor on your right, keeping your knees together if it's comfortable. Your knees and legs do not need to touch the floor.




Slow Stretch

Guide for Families, continued

9. Inhaling, bring your knees back up to the center.
10. Exhaling, drop your knees down toward the floor on your left, keeping your knees together if it's comfortable. Your knees and legs do not need to touch the floor.
11. Inhaling, bring your knees back up to the center.
12. Exhaling, stretch your legs out straight on the floor.
13. Rest here for three deep breaths in and out, keeping your body very still.
14. Repeat these stretches as many times as you would like. Add or substitute with your own movements.

Slow Stretch

Slow Stretch Handout

Inhale	Exhale
<p>Inhaling, bring both of your knees in toward your chest.</p> 	<p>Exhaling, stretch your legs out straight on the floor.</p> 
<p>Inhaling, bring both of your knees in toward your chest.</p> 	<p>Exhaling, if it is comfortable for you, you can place your hands on your shins or wrap your arms around your legs and pull them closer to your body.</p> 
<p>Inhaling, stretch your arms out to your sides in a "T" shape and rest them on the floor.</p> 	<p>Exhaling, drop your knees down toward the floor on your right, keeping your knees together if it's comfortable.</p> <p style="text-align: right;">RIGHT</p> 

Slow Stretch

Slow Stretch Handout, continued

Inhale

Inhaling, bring your knees back up to the center.



Exhale

Exhaling, drop your knees down toward the floor on your left, keeping your knees together if it's comfortable.

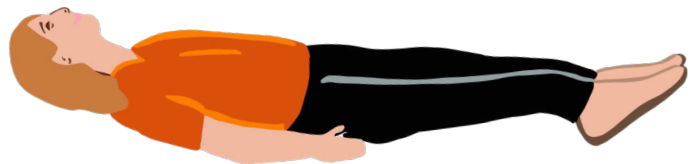
LEFT



Inhaling, bring your knees back up to the center.

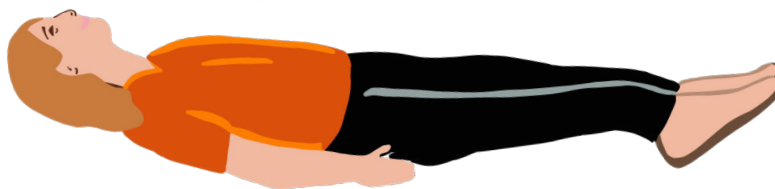


Exhaling, stretch your legs out straight on the floor.



Rest here for three deep breaths in and out, keeping your body very still.

BREATHING DEEP 1, 2, 3

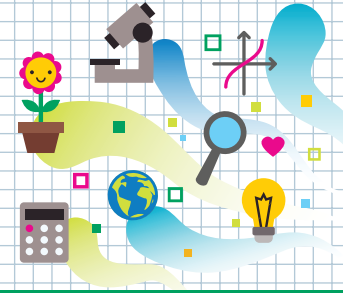




HEADS IN, HEARTS IN

Sun Up, Sun Down

Instructions for Set-Up



Supplies

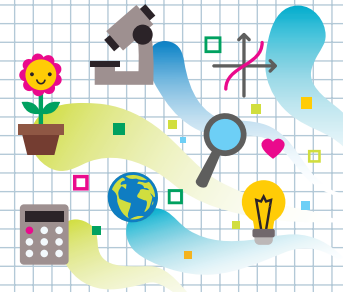
- “Guide for Families” handout
- Clear plastic standup display (optional)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Set up the display table and arrange needed supplies.



HEADS IN, HEARTS IN



Sun Up, Sun Down Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, "I notice that I am feeling anxious," rather than, "I notice I am feeling anxious. I am so weak."

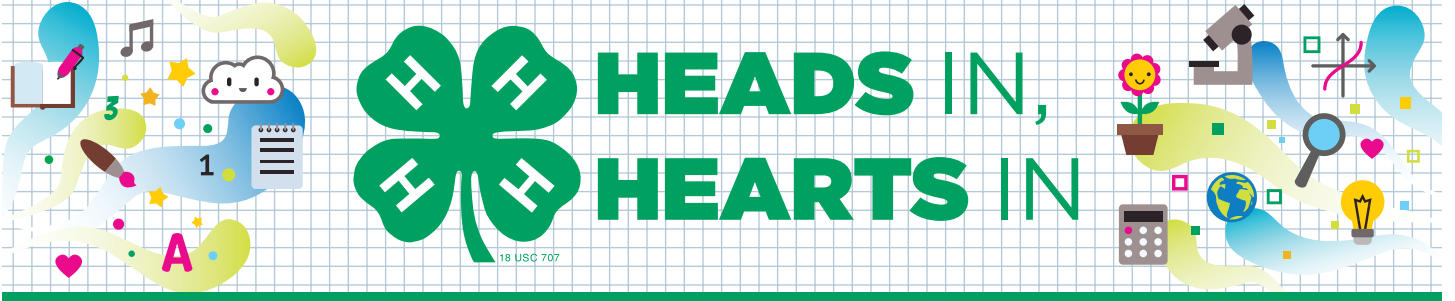
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will use breathing and stretching to control your body movements.

Instructions

1. Consider how the sun rises in the east and sets in the west. It rises slowly and sets slowly.
2. Pretend that your hands are the rising and setting sun.
3. While sitting, use both of your arms to mimic the sun rising.
4. Move your arms slowly from one side of you, above your head, and lower them on the other side.
5. Breathe in (inhale) slowly as you move your arms from one side to the other.
6. Breathe out (exhale) slowly as you move your arms again from one side of you to the other.
7. Try closing your eyes as you breathe and move your arms.
8. Try stretching your fingers as you breathe and move your arms.
9. Lie down on your back in a comfortable space.
10. Pretend that your legs are the rising and setting sun.
11. Keeping one leg flat on the ground, raise the other leg into the air. Then slowly move it from one side of you to the other side.
12. Inhale slowly as you move your leg from one side to the other.



Sun Up, Sun Down

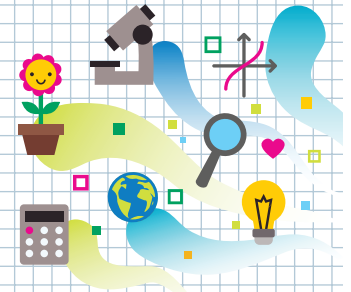
Guide for Families, continued

13. Exhale slowly as you move your leg again from one side to the other. Try stretching your toes as you breathe and move your leg.
14. Switch legs, leaving the opposite leg on the floor. Repeat steps 11 through 13.



HEADS IN, HEARTS IN

Wiggle Jiggle Instructions for Set-Up



Supplies

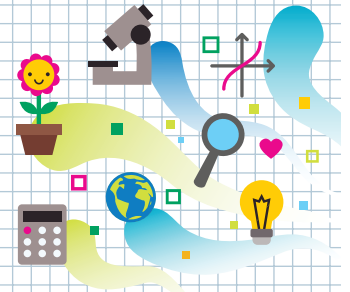
- “Guide for Families” handout
- Clear plastic standup display (optional)
- Music that can easily be stopped and started
- “Action Slip” handout
- Scissors
- Medium-sized bowl
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Cut out the actions on the “Action Slip” handout and place them in the bowl.
- ▶ Set up the display table and arrange needed supplies.



HEADS IN, HEARTS IN



Wiggle Jiggle Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, "I notice that I am feeling anxious," rather than, "I notice I am feeling anxious. I am so weak."

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will use physical activity to practice mindfulness. You will need to listen carefully for instructions.

Instructions

1. Begin by standing. You will move your body when the music starts. When the music stops, you will stop moving and listen for an action to imitate.
2. Start the music, and wiggle and jiggle all parts of your body:
 - Head
 - Arms
 - Legs
 - Feet and toes
 - Hands and fingers
3. Choose someone to stop the music. When you hear the music stop, stop wiggling and jiggling.
4. Have one person pick an action slip from the bowl, and read it aloud. Do that action. Once everyone has completed the action, start the music again, and wiggle and jiggle.
5. Repeat the command to stop wiggling and jiggling, and call out another action.
6. Reflect by asking:
 - What action did you like best?
 - What action was difficult?
 - Was it hard to stop wiggling and jiggling?
 - Did you like stopping and waiting for an action to be called out?
 - If you could make up an action to do, what would it be?

Wiggle Jiggle

Action Slip Handout

Pose like a ballerina.

Stand on one foot.

Turn your body into a rainbow.

Pose like a football player.

Sit like a lion.

Act like a cloud.

Perch like a bird.

Make your body into the shape of a letter.

Make your body into the shape of a number.

Pose like an airplane.