



## Mindfulness and Resilience

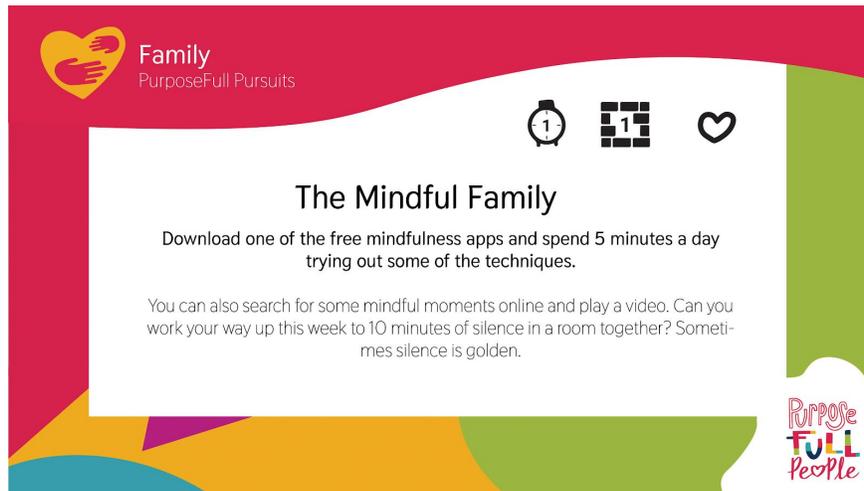
- Check out this video- [Mindful Ozzy Introduces Mindfulness](#) (Mindfulness)
- Debrief-
  - What does mindfulness mean to you?
  - In what ways does Ozzy say mindfulness can be useful?
  - Ozzy says that we are always breathing, but not always aware of it. Can you think of other similar behaviors you might be unaware of at times?
  - How do you feel after doing the breathing exercise with Ozzy?
- Check out this video- [Keeping Calm- Building Resilience with Hunter and Eve](#) (Resilience)
- Debrief-
  - Resilience is the ability to recover from hardship. In this video, Hunter the fox is scared of what he thinks are fire sparks. How does he show resilience to overcome this fear?
  - The fireflies end up lighting Hunter's path home and allow him to return safely for dinner. How can our fears become tools that help us?
  - What tips does Eve the owl give to calm down when scared?
  - Mindfulness can help achieve resilience. What types of situations might this breathing practice help you through in your life?

## Family Character Workouts- Tools to connect and build character while at home.



### **Home Theater**

Make some popcorn and curl up as a family with a good movie. All other distractions turned off and put them away. Take it up a notch by moving things around to make it more of a theater experience. Bust out some blankets or build a mini fort or get some extra cups from a local restaurant or theater and make it feel like the real thing. Afterwards talk about the movie as a family by sharing favorite parts or lessons learned.



### **The Mindful Family**

Download one of the free mindfulness apps and spend 5 minutes a day trying out some of the techniques. You can also search for some mindful moments online and play a video. Can you work your way up this week to 10 minutes of silence in a room together? Sometimes silence is golden.

*\*Please note: Character Strong has graciously provided these materials to all schools at no charge for use during this time. Character Strong has given permission to the Spring Branch Independent School District to share these resources with SBISD families. For more information about Character Strong, go to <https://characterstrong.com/>.*