

Mindfulness is one strategy that can reduce stress. Mindfulness is a way of being. Practicing mindfulness means paying attention to what's happening in the moment and accepting those experiences and feelings without judgment.

When parents and children are feeling big emotions... it's good to find some calm



Simple mindfulness activities can help

Click here to learn the following 5 practices to use with young children:

- *Balloon Breathing*
- *Starfish Breathing*
- *Calming Glitter Bottle*
- *Five Senses Exercise*
- *Pleasure Gazing*

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Mindful Family Activity Guide
for families of all ages

- Tips for having strength-based conversations
- Mindful conversation prompts
- Mindful gratitude practices



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HAVE SOME MINDFUL FUN
Jeffco Family Activity Bingo Board

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Visit Jeffco's Virtual Calm Room

Guided Meditations and Relaxation | Live Cameras | Resources and apps | Yoga and Stretches | Sounds and Music

4 Tips for Mindful Parenting



- 1. Slow down:** Stop. Feel your feet on the ground. Take a deep breath.
- 2. Be gentle:** Lighten up. Find the humor. Offer kindness to yourself. Often.
- 3. Practice letting go:** Of your assumptions of how things should be. Of your stories about what is going to happen next.
- 4. Be kind:** Be kind to people, especially those in your family. Practice asking, "What do you need?"

visit

[Happy Mindful Families](#)

to learn more from Dr. Andra Brill – writer, speaker and innovator in mindful parenting

Mindful Exercises

Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out.

These five exercises for all ages will help you practice mindfulness in different ways

1. Mindful Eating
2. Mindful Breathing
3. Mindful Walking
4. Mindful Word
5. Mindful Driving



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REMEMBER every school has mental professionals who are happy to provide support, connection, information, and resources. [Find your school's info here!](#)

[Jeffco Public Schools Mental Health and Wellness Hub](#)