



Mindful Teachable Moments

Below are some tips to help support your child and their feelings and to find time for yourself. For more information, please ask your SPARK! 4 Kids teacher for more support!

How to help support your children and their worries

- Be honest but also keep in mind their age and what they can understand. It's ok to say "I don't know," when they ask questions you don't know how to answer.
- Ask how they are feeling, help them give a name to how they are feeling.
- Tell them how you're feeling too.
- Talk about highs and lows of the day and what they are looking forward to tomorrow.
- Spend time together playing games, reading books, and learning something new like yoga.
- Stay positive

Take time for yourself; a few minutes each day

- Take a short walk alone, if possible
- Watch a favorite show
- Complete a craft/finish a project
- Get plenty of rest
- Call a friend or family member
- Ask for help if you need it

We are all faced with different challenges from time to time. Showing our children how adults cope is a way to model this for children. If you are able to stay positive and look on the brighter side they will manage difficult times in a positive way too.



Adapted from GCPS Play 2 Learn

