

BRING MINDUP HOME PRACTICES FOR YOU AND YOUR CHILD

NOTICING THE WORLD AROUND US WITH MINDFUL SENSING



PRACTICES FOR YOU

Mindful Moment:

Take some time out from sensory overload, just sit and notice your surroundings, without distraction. Take a break from quick responses to texts and emails.

Mindful Responding:

Resist the urge to immediately answer a question from your child. Really listen to both the informational and emotional content of the question. Savour time to reflect and develop a thoughtful response.

Mindful Eating:

Enjoy eating something mindfully; slow down, savour each smell, taste and texture.

Mindful Movement/Exercise:

Commit to some form of exercise. Physical exercise improves our ability to think, learn and be happy. Join a class or persuade a friend to exercise with you. Having the support of a friend can be a great way to make exercise a habit. You could try an exercise class with a mindful focus, e.g. yoga. Notice how you feel after exercise, monitor changes in your mood.

Precious Moments:

Stop and watch your child, take note of what they're doing. Enjoy the moment, it will soon be gone!

OUR LANGUAGE CREATES OUR WORLDS

The language we use helps to reinforce our understanding and our thinking. It guides the expectations around our behaviours. The more we practise this mindful language, the more it becomes part of who we are and what we do.

Try using phrases like these to develop the learning:

“Can you mindfully look at this and tell me what you see?”

“Mindfully smell this; what does it remind you of?”

“Let's be more mindful on the walk to school and focus on the sounds that we can hear.”

“Can you tune out the noise to focus on your homework?”

MINDFUL MOMENTS OF REFLECTION

Go for a slow and silent mindful walk. Be consciously aware of lifting your foot, moving it forward and placing it back down. Stop for a few minutes and just be. Notice your surroundings. Share this experience with your child.

Journal Jotting: Have dinner together as a family whenever you can without any screens. Notice how the rest of your evening goes compared to evenings when you don't take this time for mindful connection as a family. Record your thoughts in your journal.



PRACTICES WITH YOUR CHILD

Spot the instrument:

Listen to some music together and ask your child to identify the different instruments they can hear.

Play Echoes:

Ask your child to repeat a sentence you say and then you repeat what they say, mindful listening in action! Add in new words to extend the game to actively engage the prefrontal cortex and hippocampus.

Colour 5 4 3 2 1:

Ask your child to notice different coloured objects in their surroundings, e.g. 5 things that are red, 4 green, 3 blue, 2 yellow, 1 red.

Fun in the kitchen:

Involve your child with making dinner, mindfully smelling and possibly tasting the raw ingredients, notice the changes that take place when the ingredients are cooked. Mindfully taste the food noticing the taste and texture. Talk about how you appreciate eating the food together.



Game Time:

Play a game that requires mindful movement, e.g. Jenga, Ker Plunk, Pick-Up Sticks or collect pebbles and see how many they can stack!

Treasure Hunt:

Go for a treasure hunt walk outside. Ask your child to collect various items in your environment, e.g. a stick, a leaf with at least 3 points, etc. Encourage them to add to the list of things to find so they have the opportunity to use their thinking skills.

Let's Dance:

Dance to your favourite tunes together, stop the music and balance like a stork!



FIND OUT MORE

For you

'Ten Mindful Minutes' by Goldie Hawn
'Spark: The Revolutionary New Science of Exercise & the Brain' by John Ratey
'Mindful Games' by Susan Kaiser Greenland

For younger children

'The Listening Walk' by Paul Showers
'Listening to my Body' by Gabi Garcia

For older children

'Around the World' by Juliet Saumante
'50 Optical Illusions' by Sam Taplin