

# Mindfulness@Home

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How can we be more mindful with our kids at home? There were some excellent tips that came out of our Life Skills Mindfulness Evening. Below are some ideas garnered from that night and some other tips I have discovered personally.

- **Practise gratitude everyday:** When your child gets home from school get them to share the best thing that happened during their day. You could also sit around the dinner table and what you are grateful for as a family.
- **Mindful listening:** When you next in nature get your child/children to stop for a moment, close their eyes (no talking) and tune in to what they can hear- perhaps even lying on their back. Play a piece of music and get them to share how they feel or the instruments they can hear.
- **Showing appreciation, positivity and praise:** Focus on the good things as much as possible. Lead by example by thanking other adults in the home for kind things they do. Don't sweat the small stuff- be positive by brushing the little things off. Take the time to praise others when it's authentic.
- **Art sessions- switch off:** Quiet time where several family members colour in together. Turn off the devices and have an art afternoon. If not colouring in, making art and feeling the pleasure of making something with your hands.
- **Rainbow walk:** Go for a quiet, mindful walk and ask your child/children to look for something in each colour of the rainbow. This helps to tune observation and be in the moment.
- **Visualisation:** Instead of a story at bedtime why not try a visualisation technique. I've used this with my students a number of times and it works a treat- Get them to imagine their mind is an empty room. They are in the room, sitting in front of a large window and the sun is warming their skin. The sky is indigo blue and there are fluffy white clouds passing by that represent their thoughts. They are relaxed and happy being by themselves in the warm room, in front of the big window with an indigo sky. There breathing is gentle and calm. (You can embellish the story however you like!)
- **ANT & PET thoughts:** ANT stands for Automatic Negative Thought. PET thoughts stand for Positive Emotional Thoughts. Discuss with your children when they are having negative thoughts (ANT thoughts) that they can replace them with positive thoughts (PET thoughts).

Watch this space for further tips soon!

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