

HELLO!

Welcome to our ninth edition of our activity newsletter!

In this edition, our activity incorporates mindfulness. Mindfulness is a coping skill that helps lower our stress levels. Sometimes it is helpful to just focus on our breath and the here-and-now rather than the what-ifs.

I hope you enjoy it with your family!

Feel free to share your family's artwork with us on social media. We'd love to see it!

Warmly,

Jocelyn Chamra-Barrera



FAMILY FUN ENGAGEMENT

Materials:

Paper bags

A few things to remember:

Kids attention spans are short.

Grief comes in spurts. Some kids may not want to share their grief at a certain times.

Be gentle with yourself. This is a difficult and uncertain time. Not all our plans will happen and that's OK!





MINDFULNESS SCAVENGER HUNT

Set up:

- Find a time and place to do the activity together
- Encourage everyone to participate, and remember that all feelings are part of a healthy emotional experience

Suggested Guidelines

- Talking about the activity:
 - When life feels big and overwhelming, it can be easy to feel swept up by stress
 - Mindfulness is a healthy coping skill that helps reduce stress
 - As a family, we'll practice mindfulness together by going on a scavenger hunt

Activity:

- Go on a walk or venture into your backyard or an open park together as a family
- Fill a paper bag using your 5 senses. Search for items that spark feelings of relaxation, comfort and joy
- Find something you can:
 - Smell
 - Hear
 - Touch
 - Taste
 - See
- Discuss what you chose and found as a family
- How can you use mindfulness at home?