



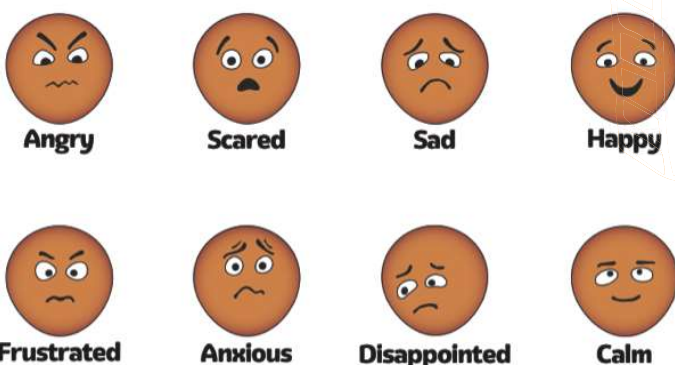
From : NAFCS Social Workers and Case Managers MENTAL HEALTH RESOURCES FOR PARENTS & FAMILIES

MINDFULNESS PRACTICES FOR FAMILIES WHEN PARENTS AND CHILDREN ARE FEELING BIG EMOTIONS, IT'S GOOD TO FIND SOME CALM. SIMPLE MINDFULNESS ACTIVITIES CAN HELP.



Balloon S.T.A.R. Pretzel Drain

How do you feel?



RESOURCES TO HANDLE THE UPSET & CONFLICT THAT COMES YOUR WAY

- <https://consciousdiscipline.com/free-resources>
- <https://consciousdiscipline.com/resources/how-do-you-feel-chart/>



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpb" sound.

• Using this chart that depicts all 8 Feeling Buddies help children identify their emotions. *Ages 3 and older*

- Self-regulation
- Emotional awareness
- Fussing and fits
- Self-control
- Emotional intelligence
- Social-emotional learning