

PURE BEGINNINGS CONNECTED FAMILY SERIES // WEEK THREE

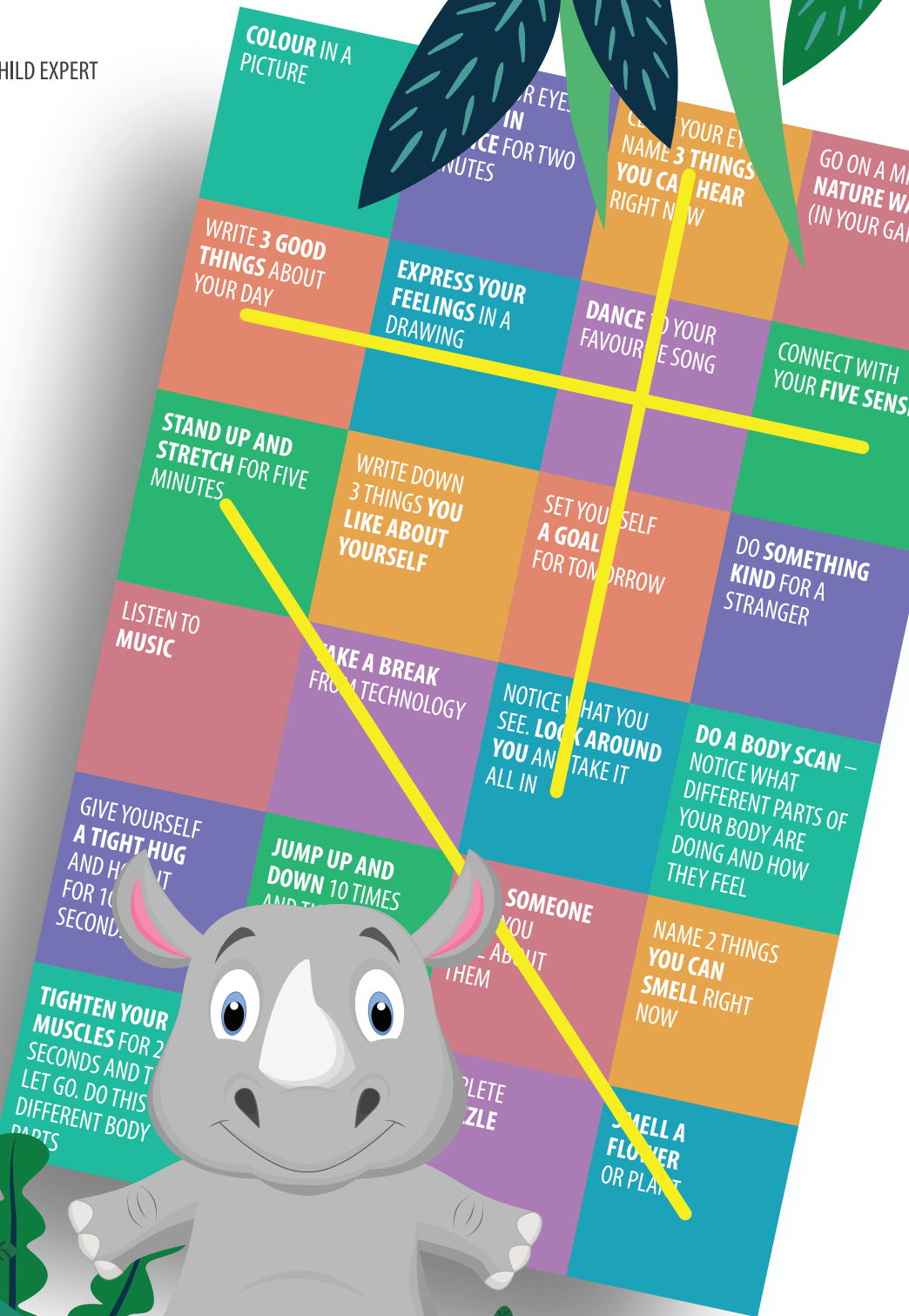
MINDFULNESS BINGO

IN PARTNERSHIP WITH **DR. JENNY ROSE**, PARENT CHILD EXPERT

Developing mindfulness in our children encourages the act of bringing a gentle and accepting attitude to the present moment. It is especially helpful with anxious children, as it helps to remove focus from the past or future and instead encourages children to be present in the moment. Mindfulness is known as a significant way to reduce stress and bring about happiness. Activities like Mindfulness Bingo give parents tools that help take an abstract construct like mindfulness and turn it into something accessible. Kids learn how to use their own bodies and minds as a coping strategy during stressful times and realise that they have the resources and capacity to regulate their own emotional experiences.

HOW IT WORKS:

- Colour in a square when you have completed an activity.
- Set a date for when the BINGO should be completed but be sure to give your children enough time to complete the tasks effectively.
- The first family member to get 4 squares in a row (diagonally, horizontally or vertically) gets BINGO.



COLOUR IN A PICTURE	CLOSE YOUR EYES AND SIT IN SILENCE FOR TWO MINUTES	CLOSE YOUR EYES. NAME 3 THINGS YOU CAN HEAR RIGHT NOW	GO ON A MINDFUL NATURE WALK (IN YOUR GARDEN)
WRITE 3 GOOD THINGS ABOUT YOUR DAY	EXPRESS YOUR FEELINGS IN A DRAWING	DANCE TO YOUR FAVOURITE SONG	CONNECT WITH YOUR FIVE SENSES
STAND UP AND STRETCH FOR FIVE MINUTES	WRITE DOWN 3 THINGS YOU LIKE ABOUT YOURSELF	SET YOURSELF A GOAL FOR TOMORROW	DO SOMETHING KIND FOR A STRANGER
LISTEN TO MUSIC	TAKE A BREAK FROM TECHNOLOGY	NOTICE WHAT YOU SEE. LOOK AROUND YOU AND TAKE IT ALL IN	DO A BODY SCAN – NOTICE WHAT DIFFERENT PARTS OF YOUR BODY ARE DOING AND HOW THEY FEEL
GIVE YOURSELF A TIGHT HUG AND HOLD IT FOR 10 SECONDS	JUMP UP AND DOWN 10 TIMES AND THEN RELAX AND FEEL YOUR HEARTBEAT	TELL SOMEONE HOW YOU FEEL ABOUT THEM	NAME 2 THINGS YOU CAN SMELL RIGHT NOW
TIGHTEN YOUR MUSCLES FOR 20 SECONDS AND THEN LET GO. DO THIS IN DIFFERENT BODY PARTS	EAT MINDFULLY. WHAT DOES YOUR FOOD TASTE LIKE? WHAT TEXTURE IS IT?	COMPLETE A PUZZLE	SMELL A FLOWER OR PLANT