

FAMILY MINDFULNESS

Mindful ways to promote connectedness, calm and joy together

Take time (set a timer or alarm as a reminder) to do these activities together for more calm, connection and happy moments:

1. Breathe

Close your eyes and deep breathe for 10 breaths, watching your breath come in through the nostrils and move back out.

2. Move

Stretch your spine, do yoga or any other activity that keeps your body active, your mind calm and your heart happy.

3. Create Daily Intentions

Ask yourself "What good do I want to bring into my day?" Follow steps 1-4 on 'Creating Intentions' handout. Share your intentions as a family in the morning. Revisit in the evening at dinner or bedtime and to keep everyone accountable, share how each family member brought good into their day.

4. Affirmations

Say, write or draw them making sure they're in the present tense. Display them on a 'Family Board'. You can do this daily, weekly or monthly repeating them often making sure to keep them in the present tense.

5. Connect with your heart

Together as a family, place your hands on your heart. Imagine a loving light from your heart radiating to your family, friends, those that may need it most, to the entire world and universe. Then visualize your light coming back to your heart.

6. Bless your water and food

Send love and gratitude to your water and food; Bless your water and food with love by imagining love from your heart and infusing your water and food with it. Then say 'thank you' to your water and meal for nourishing your body so that you can continue to live a healthy and balanced life.

7. Feel Gratitude

Feel gratitude in your heart and list 3 things you are grateful for each day. This is a great activity to do together just before bed.



Thank you for your time today!
For more information on any of our mindfulness, yoga and art programs, please visit www.stretchingcanvas.ca or www.messyhands.com or text Tiz at 905-303-6377