

MindUP Summer Send-Off

SUMMER RESOURCE FOR FAMILIES 2021

You did it!

Summer is a great time to practice MindUP and mindfulness. We've put together some resources for you to try as a family.



Mindfulness Activities

Our "Summer Mindfulness Placemats" has some some fun activities to try. The "Summer Challenge Mandala" is a good exercise that combines mindfulness and breathing! Check out these two links for other ideas:

- [MindUP Guided Session](#)
- [10 Easy Ways For Adults To Practise Mindfulness](#)

Mindful Breathing

Our "Mindful Breathing Exercise" sheet has some great starting points for practising breathing at home. There are also great links online. Here are two to try:

- [MindUP Brain Break](#)
- [3 Minute Mindful Breathing](#)



"Mindfulness is developed by purposefully paying attention in a sustained and non-judgmental way, to what is going on in your body, your mind, and in the world around you. It is about being awake and aware, living in the present - simply being yourself and knowing something about who that is."

(Full Catastrophe Living, Jon Kabat-Zinn)

Have a mindful summer!

Summer Mindfulness Activities

Directions: Each day, choose a Mindfulness Activity to try with your family.

COUNT YOUR BLESSINGS

"Enjoy the little things, for one day you may look back and realize they were the big things."

Choose at least 10-15 objects that represent the people, pets, things or activities that you are grateful for during this time at home. Lay them on the floor and then lay down in the middle of them. Take a selfie photo to share with the class.

RECONNECT WITH NATURE

"Allow nature's peace to flow into you as sunshine flows into trees."

Spend some time outside today. Build a birdfeeder, do some gardening, or go for a walk or a hike with your family. When you are outside, notice 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, and say 1 thing you are grateful for.

PLAN A MEAL

"Eating well is a form of self-respect."

Plan and prepare a healthy, balanced meal for your family following the new Canada's food guide. To add to this challenge you can write out a menu, set the table and invite your family to taste test your food creation. Make it a device-free meal and focus on the smells, tastes, and sounds at the meal.

GET YOUR HEART PUMPING

"Exercise has great benefits for mental health. It releases endorphins that make you feel happy." Michelle Davis

Choose a favourite physical activity and get your heart pumping! Exercise enhances wellbeing by releasing endorphins (feel good hormones), relieving tension and stress, and boosting energy. With your family, go for a run, jump rope, bike, rollerblade, or create an obstacle course.

REST AND RELAX

"Smile, breathe, and go slowly." T.N. Tanh

Stretch your fingers out widely. Use your index finger of one hand to trace the outline of your other hand. Inhale slowly while tracing up the outside of your pinky finger. Exhale slowly while tracing down the inside of your pinky finger. Repeat using each of your fingers. Search [Five Finger Breathing](#) for examples.

MAKE GRATITUDE CHAINS

"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." Ps. 9:1

Cut strips of coloured paper and write one thing that you are grateful for on each strip. Ask your family to do it too. Use tape, glue, or staples to link the strips together and form a chain. Decorate your home with the gratitude chain as a reminder of all the things your family is grateful for.

COLOUR & CREATE

"To be creative is to be in love with life"

Let your creativity shine through by colouring or creating Mandalas. Search "[Free Mandala Colouring Pages](#)" to find a variety of options or create your own Mandala using whatever art supplies you have at home. For a variation, colour or create a "[Nature Mandala](#)".

PRAY

"Prayer enlarges the heart until it is capable of containing God's gift of Himself." Mother Teresa

With your family, at home or over a video chat, set aside some special time for meditative prayer. The rosary is one of the most beautiful forms of Christian meditation. Uniting in God's love through prayer increases the activity of the prefrontal cortex.

BE A CAREMONGER

"Be kind for everyone you meet is fighting a battle you know nothing about." Wendy Mass

Sharing kindness can decrease stress. Thank someone for their friendship, send a kind message on social media or do an act of kindness for a family member or a neighbour. Try mailing a hug to someone you miss. Search "[Mail a Hug](#)" for some ideas.

STAY GROUNDED

"Get yourself grounded and you can navigate even the stormiest of roads in peace." S. Goodier

Life has many ups and downs. Stay grounded with a list of your top five favourite things to do when you need to find calm. Your list may include mindful breathing, walking in nature, resting, eating a healthy snack, etc. Make a family list and keep it in a central spot.

WATCH CLOUDS

"Watching the clouds float across the sky, is by no means a waste of time." J.Lubbock

On a cloudy day, go outside with a family member and spread out a blanket. Lay on your back, take a deep breath in, and focus on the beauty above you. What do you notice? What shape are the clouds? How do they move? Talk about what you see. When you get home, draw or create a story about your cloud discoveries.

HAVE OUTDOOR ADVENTURES

"A pinch of adventure, a sprinkle of green time, and a big handful of play." P. Whitehouse

A fun day outdoors involves adventure, greenspace, and play. What playful adventures await today? With a family member, pack a bag or collect some items (i.e., frisbee, ball, deck of cards, ect.). Together, go for a walk and find a green space to play!

MAKE YOUR HEART HAPPY

"Movement is a medicine for creating change in a person's physical, mental, and emotional state." Carol Welch

Make time today to move as a family. Have a dance party, go for a walk, or play a game of tag. Is there a new activity you would like to try? Can you think of a twist on an old activity? For example, if you like riding your bike or going for walks, discover a new path to take in your community.

JUST LAUGH

"A day without laughter is a day wasted." Charlie Chaplin

Smiling and laughing can have a positive effect on your well-being. Indulge in a good, silly chuckle today.

Write a list of your favourite jokes and then connect with friends or family members to see if you can share in a few laughs. Smile and take a picture to remember the fun memories that were created today!

TRY LOVING-KINDNESS

"Throw kindness around like confetti!" Bob Goff

When we are kind to ourselves it helps us to be kind to others. Try this activity...Hold your hand over your heart and repeat to yourself "May I be happy. May I be safe. May I be peaceful. May I be kind." Next, think of a loved one and repeat the same three phrases about them. Send them a message and include these three phrases.

KEEP A GRATITUDE JAR

"Start each day with a positive thought and a grateful heart." R.T. Bennett

Using small strips or pieces of paper, write down one positive thought and/or one thing you feel grateful for once a day for a week (and then try once a day for a month or for the entire summer) and put it in a jar. Ask family members to do this too. At the end of the week, read the collection of gratuities as a family.

MAKE DINNER AN EXPERIENCE

"Mindful eating is about awareness. When you eat mindfully you slow down, pay attention to the food you eat, and you savour every bite." S. Albers

With a family member, look up a new recipe that you want to try. When you have all the ingredients, cook the meal with an adult, taking time to smell and taste the food. Enjoy dinner as a family. Say grace. Slow down and savour every bite.

GIVE GRATITUDE TO GOD

"Faith is lived with joyous gratitude." - Pope Francis

Reflect on God's presence in our day. Take time to recognize God's love and His gifts in our world. Pray the Examen as a family. Do Pope Francis' Five Finger Prayer. Say the rosary. Offer a prayer of gratitude and thanksgiving to God for being present in the day.

GO ON MINDFUL WALKS

"The whole earth is a living icon of the face of God." St. John of Damascus

Walks are a great way to be mindfully aware. Hike a new trail, walk around the neighbourhood, or just pause along your regular route. What do you notice? Is there anything new? What are the sounds, smells, sights? How do objects move past you. Feel the wind. Notice.

BE PRESENT

*"Be still and know that I am God"
Psalm 46:11*

Schedule quality time with your family to bond. Encourage everyone to be present, without devices, interruptions or chores. Laugh, talk, cook, sing, read, play a game, go for a walk, etc. Aim for 10 uninterrupted minutes together. Pray a prayer of praise for time together with loved ones.

CREATE "I AM MINDFUL" STATEMENTS

"The emotional brain responds to an event more quickly than the thinking brain." Daniel Goleman

As a family, come up with a series of "I am mindful" statements that you can post in your house. Examples include: I think before I act or speak, I focus when I listen, I do my best to be present in the moment, I try things before I decide I don't like it or can't do it, etc.

FOCUS ON BREATHING

*"God's first language is silence."
Saint John of the Cross*

Make breathing part of your daily routine. Breathing calms us down and clears our mind. As a family, choose some breathing exercises that you will practice each day. Do the [MindUP Core Practice](#) or choose one of the examples in the [Calming Strategies](#) section on the LDCSB website.

TAKE MINDFUL ACTION

"Lord, teach us to contemplate you in the beauty of creation and reawaken our gratitude and sense of responsibility." - Pope Francis

With your family, think of ways you can help the community. Are there items you can donate? Perhaps you could volunteer. Is there a park or local area that needs a clean-up? Does a neighbour need help? Could you do some extra chores?

USE YOUR SENSES

*"Let our curiosity, adventure, and wonder of life never end."
Akiane Kramarik*

Turn any moment into an opportunity to notice by using your senses. While in the car, what can you hear and see? While on a walk, are there new smells or sights? Make a pair of magnifying glasses and explore. What do objects look like with and without magnifying glasses? Play "I Spy" everywhere.

MOVE AND STRETCH

"It is not the movement itself but the awareness with which you do it that matters the most." Elphinston

With a family member, move and stretch. Feel your feet on the floor. Stretch your arms above your head and see what it's like to wiggle your fingers. Breathe. Observe and appreciate what our bodies do for us. Say a prayer of thanks to God for the gift of movement and our bodies.

READ

"A child who reads will be an adult who thinks."

Reading together is a great way to spend quality time and to learn. Choose books that model kindness, empathy, perspective-taking, love, gratitude, and positivity. Talk about how the characters behave. What can you learn? Would the story end differently if characters led with kindness and compassion?

DO GOODNESS REVIEWS

"Focusing on happiness is not a frivolous pursuit; it is one of the emotions that can inform the trajectory of our lives." Goldie Hawn

Take a moment each day to review the good parts of your day. Try finishing the sentence "today is a good day because...". Ask loved ones to join you. Together, say a prayer of thanks to God for blessing everyone with good, positive moments.

Mindful Breathing Exercises

Bumble Bee Breathing

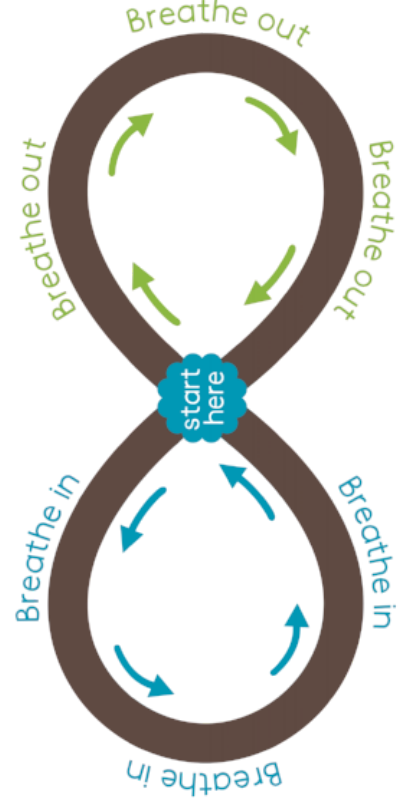
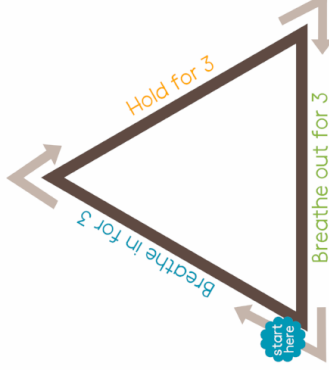
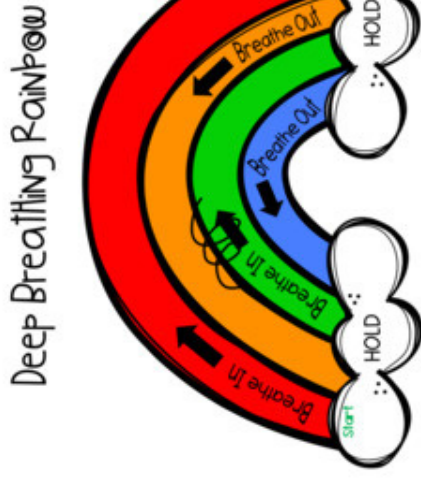
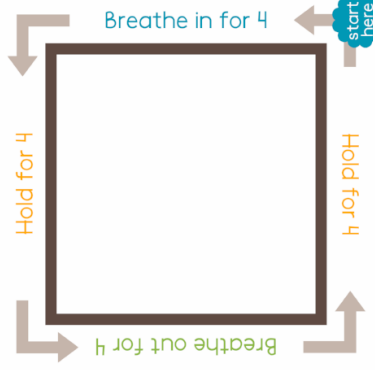
Bumble Bee Breathing

Get into a comfortable sitting posture and close your eyes. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts. Repeat 10 times. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts. Repeat 10 times. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts. Repeat 10 times.

Bumble Bee Breathing

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Project for London: Bee Breathing and your child's name and school.



Breathing Exercise

Inhale: Smell flower

Exhale: Blow candle

...and repeat...



BREATHE IN

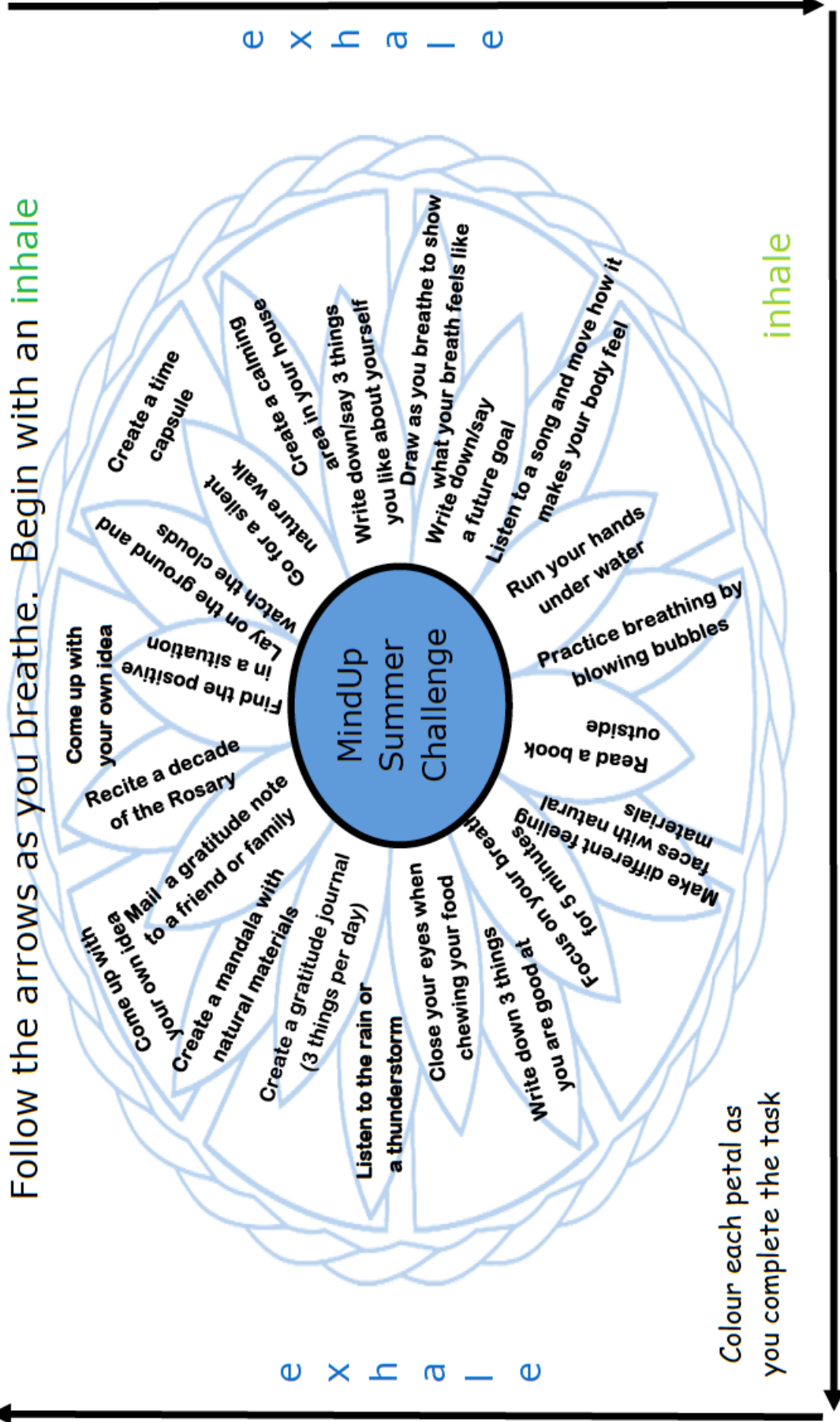
Pretend you are smelling a flower.

BREATHE OUT

Pretend you are blowing a leaf.

Summer Challenge Mandala

Follow the arrows as you breathe. Begin with an **inhale**



Colour each petal as you complete the task