

Dear Parents, Guardians, and Caregivers,

I'd like to encourage you to focus on Emotional Regulation and Management with Mindfulness. Mindfulness is the practice of being present in the moment. It is being aware of what is happening right now without judgement. Being mindful helps to increase happiness and decrease stress. Mindfulness is actively engaging in a task and aware of your thoughts and feelings but not controlled by them. It is being focused and not worrying about the past or the future. Remember that practicing Mindfulness can reduce emotional reactions and increase focus.

**Mindfulness Quote:** *"The best way to capture moments is to pay attention. This is how we cultivate mindfulness."* ~ Jon Kabat-Zinn

**Writing Prompt:** What does it mean to you to "be present"? What does it mean to you to do something "mindfully"? Does it sound good? Or like a chore?

**Mindfulness Apps:** <https://www.headspace.com/> <https://www.smilingmind.com.au/>

**Reading Suggestions:** *I am Peace: A book of Mindfulness* by Susan Verde [Read Aloud Here](#)  
After reading the book you can draw a peaceful picture.

*The Mindful Dragon* By Steve Herman [Read Aloud Here](#). After reading the book you can draw a peaceful dragon.

**Mindfulness Activity:** Watch video- [What is mindfulness?](#)

**Activating your Senses:** Take a moment and close your eyes. Let your mind be free and clear it of anything on your mind. Take three deep breaths and open your eyes. Challenge your mind to stay focused on what is in front of you and look around. You can even do this while on a nature walk around the block or to a park.

**Mindful Listening:** Take a moment and close your eyes. Have someone else play a bell or use a chime from their phone or app to make a sound. Listen completely to the sound. When you can no longer hear the sound, open your eyes. Share your experience.

Play your favorite song and close your eyes. Direct your attention to the sounds of the music. Try and see how many musical instruments you can hear. When the song is over, open your eyes and share your experience. You can ask helpful questions like - Was it easy or difficult? Did you get distracted? How did your body feel?.

## Grounding Exercise:



## Resources:

[How Mindfulness Can Help During COVID-19](#)

[The Ultimate List of Free Meditation Printables for Kids](#)

[Social emotional learning resources for parents](#)

[Student Handout on Coronavirus \(English\)](#)

[Student Handout on Coronavirus \(Spanish\)](#)

[Parent Handout on Coronavirus](#)

[Article on supporting kids who are worried at home](#)

[Vooks - free online collection of animated storybooks](#)



Be well and stay calm,

*Jennifer Sosa*

*School Social Worker*