



BRING MINDUP HOME:
ACTIVITIES FOR YOU AND YOUR CHILD
GRATITUDE AND KINDNESS CAN CHANGE THE WORLD



ACTIVITIES FOR ADULTS

Write a Letter or Email of Gratitude:

Think about something or someone you can thank for something they have done for you. Write it down. Send gratitude to that person today.

Happy Day:

Start your day with an affirmation of having a happy day. Find three things that went well or made you laugh today. Notice how many times you laughed. Laughter is important!

Gratitude Journal:

List three things that you are grateful in your journal every day. It can be family time, the sun, or a good night's sleep. It can be little things or big things. Expressing gratitude boosts your mood and makes you feel better about your day.

Difficult Times:

During difficult times and when you're feeling blue, re-read your entries from your gratitude journal. This is an amazing practice – it builds resilience, optimism, and changes your overall state of mind.

OUR LANGUAGE CREATES OUR WORLD

Words matter. The language we use helps to reinforce our understanding and our thinking. The more we practice mindful language, the more it becomes part of who we are, what we do, and how our children respond to what we are saying.

Start using the word 'mindful'.

"How many ways can we be mindful in showing our kindness today?"

"They look a bit sad. I want to be more mindful of what I can do to cheer them up."

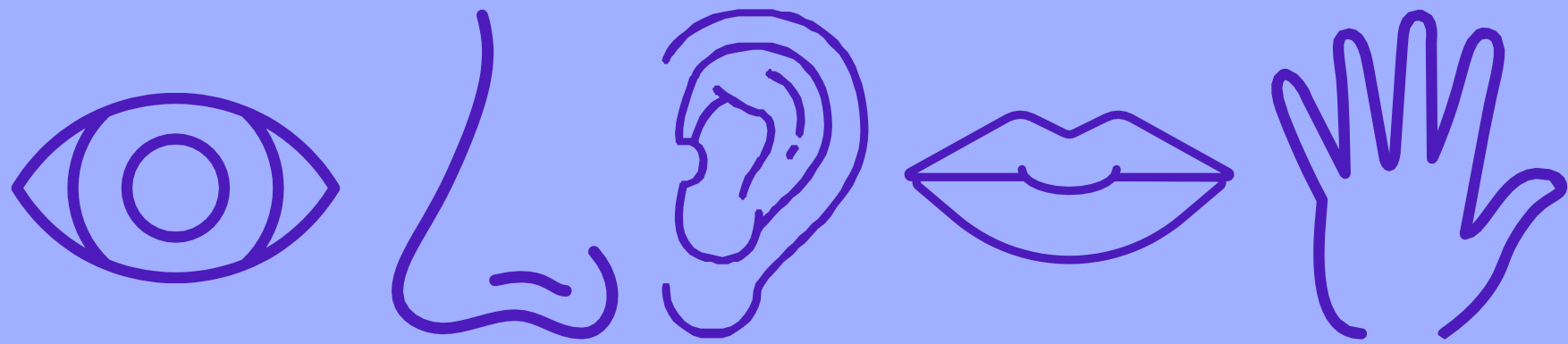
"I am grateful that we can spend time together."

MINDFUL MOMENTS OF REFLECTION

Gratitude at Bedtime: It is fun to share what you are grateful for. Take some time before bed to think and share three things you are grateful for.

Journal Jotting: We love to remember fun things that happen to us. Share your stories together. Play a game called "Remember When." Include sensory memories in your writing:

- What did you see?
- What did you smell?
- What did you hear?
- What did you taste?



ACTIVITIES WITH YOUR CHILD

Be a Mindful Role Model:

Show kindness and gratitude. Choose an act of kindness around the home. Help a family member with a daily activity. A mindful parent will create a mindful child.

Kindness Brainstorm:

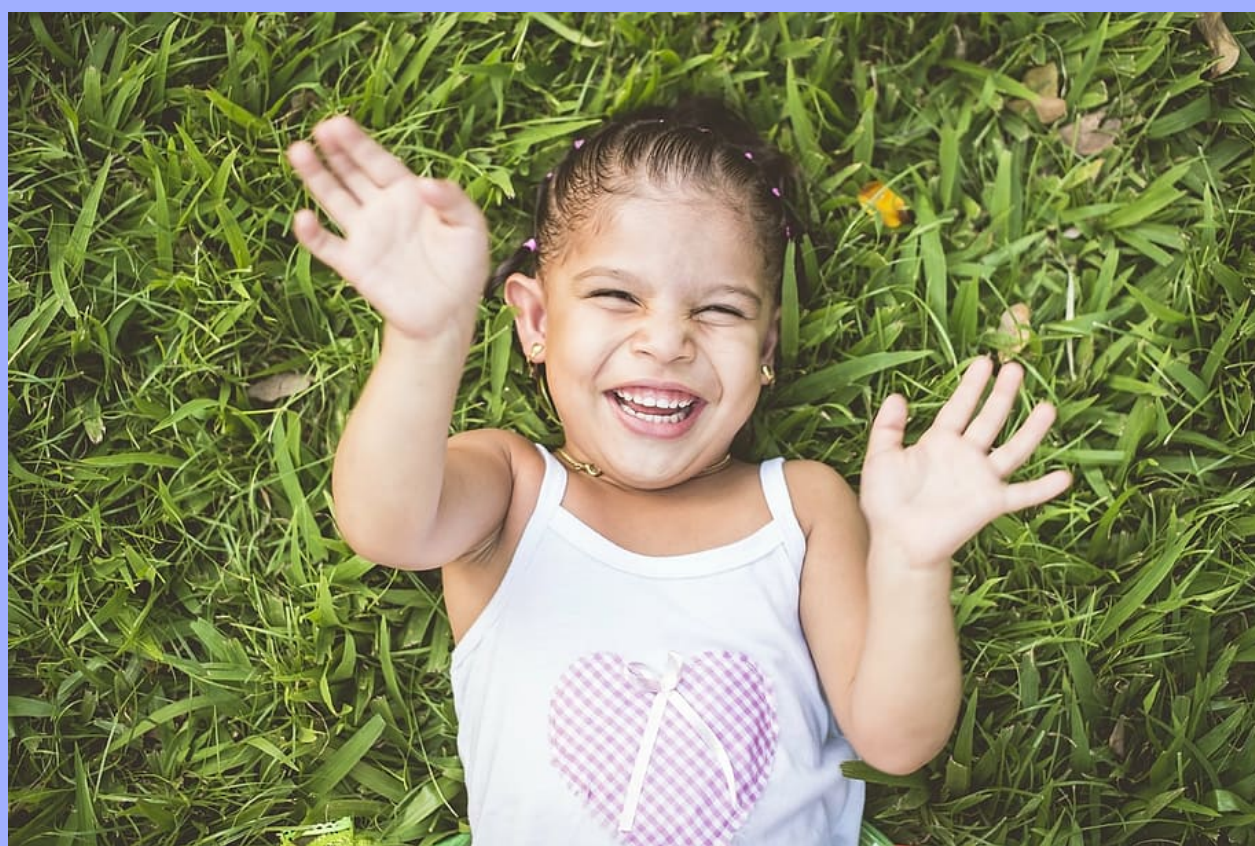
Think of all the ways you and your child can be *kind*. Write them down and each day, choose one act of kindness!

Kindness to the Planet:

Share with your child what you can do as a family to be mindful and kind to our planet. For example, we can be mindful of our use of plastic.

Smile and Say Thank You:

Help your child understand the value of smiling and saying thank you. It is respectful and kind – and the bonus is it makes you *and* the other person feel good!



Difficult Times:

When a child is feeling anxious, sad, or uncertain and is showing levels of anxiety, have them look into their gratitude journal and remember what makes them happy. This can change their brain and build a more positive mindset.

Gratitude Discussion:

Gather as a family once a week at the dinner table or in a circle on the floor. Share what you are grateful for in each other and as a family. Pick an object, like a gratitude stone, and take turns sharing what you are grateful for.

Activating Gratitude:

Encourage your child to show acts of gratitude. Have them write a letter of appreciation to a caregiver, doctor, parent, teacher, sibling, or a friend. Create art projects to express gratitude. Place the art on your window so people can see how grateful you are for what people are doing in the world.



FIND OUT MORE

For adults:

'Thanks! How the New Science of Gratitude Can Make You Happier' by Robert Emmons

For younger children:

'Gratitude Soup' by Olivia Rosewood

'The Giving Tree' by Shel Silverstein

For older children:

'A Great Big Heart' by Wylinda Williams

'Kensuke's Kingdom' by Michael Morpugo