

May 2020

and emotional

Theme of the Month: **Mindfulness**

Spend time this month creating mindful moments for you, your child (ren) and your family...

one day at a time.

MAKE SOCIAL ^ LEARNING STICK **TODAY**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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1 Wake up five minutes before usual and stay in bed to count your breaths before you start your day.

2 Lie down with your child, put a book on each of your bellies, and watch your book go up and down.

3 Before going to bed, write down three things that went well.

4 Pause before saying something negative today, and decide if your comment is really necessary.

5 Before going to bed, lie down with your child and scan your bodies for any stress or tension and release it.

6 Plan for extra time to savor a cup of coffee or tea. Make it a full sense experience - feel, taste, and smell!

7 Go for a 10-minute walk today with your child. Notice your surroundings and feel your feet on the ground.

8 Start your family meal with appreciations and compliments.

9 Take a 5-minute stretch break with your child today.

10 With your child, rub your hands together until they are warm. Place them over your closed eyes and breathe in and out.

11 Have a mindful meal today. Sit alone, with no distractions and focus on the smells, textures, and taste of your food.

12 Find 5 minutes during your day to place your hand on your belly and say, "I am breathing in, I am breathing out."

13 Observe your negative self-talk and focus on saying kind things to yourself today.

14 Sit or look outside with your child and notice three things that you see and two sounds that you hear.

15 Listen to your child with full attention and without judgement.

16 Make up a breathing strategy with your child. Teach the rest of the family.

17 Put on your favorite song with your child and listen to one of the instruments for the full song.

18 With your child, focus on your breathing and try to notice the pause between the inhale and exhale.

19 Start a family gratitude journal.

20 Put a chocolate chip in your mouth and do not chew. Notice the sensations as it melts in your mouth.

21 Notice five sensations in your body right now.

22 Eat a meal with your non-dominant hand.

23 Light a candle and watch the flame flicker for 5 minutes.

24 Before you start your day, write down two intentions for the day.

25 Send love to someone you care about today and have your child do the same.

26 Send love to yourself today and have your child do the same.

27 Step outside or open a window and notice the clouds go by or wind on your skin.

28 Rather than texting someone today, give them a call.

29 As a family, come up with positive statements or affirmations to say to yourself and each other.

30/31 Pick your favorite mindfulness activity and have gratitude for the time and motivation to do it.