

Family Engagement

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Mindful exercises can be a great family activity to promote family harmony and peace within the family. Establishing an ongoing practice of mindfulness will take time and determination. Continued engagement is especially important for children to keep them from losing interest. Below are some suggestions to help keep you (and your children) engaged in mindful activities.

1. Practice mindful movement such as walking meditation, yoga, or mindful stretching. Children especially love activities with movement. Focus your attention to the connection of your body with the movement it makes.
2. Do something gratifying for your body such as soaking in a hot bath, taking a nap or treating yourself to your favorite food or drink without feeling guilty.
3. Engage in an enjoyable activity, either individually or something the whole family enjoys, such as doing a favorite hobby, cooking a meal, watching a movie, treating yourselves to a favorite snack, or listening to music.
4. Practice mindfulness with accompanying audio or visual aids such as mindfulness-based audio or video tapes. Some children focus better with audio and visual cues.

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5. Do something that gives you a sense of achievement such as clean your house (or in your child's case have them clean their room), complete something on your to-do list, or engage in physical exercise. Be sure to congratulate yourself (or your child) for a task completed.

6. Act mindfully and concentrate on one task at a time instead of multitasking. Focus only on the task at hand at that moment and be aware of your breathing and what you are doing at that very moment such as walking down the stairs, sitting down in a chair, picking up a book, etc.

7. Journal your activities so that you can see how these activities affect your mood and well-being.

8. If you find that certain activities do not keep you engaged in mindful practices or are causing a detriment to your well-being, you can establish a plan to replace these activities with new ones.

9. How will you take what you learned from this forward into your life?

