

Family Connection



Mindfulness

Watch

Watch the [video](https://youtu.be/n88twxGTfIc) together (https://youtu.be/n88twxGTfIc).

Discuss

Use these questions to start meaningful conversations about mindfulness.

- How do you notice when someone else in the family is feeling happy or joyful?
- What does mindfulness look like as a family?
- Each family member finds joy in different things. How can you help encourage each person to find the activity that brings them joy, like Stella and Mabel in the leaves?

Activity

- Give each family member several slips of paper.
- Write down one idea that brings joy to your family on each slip of paper.
 - Examples: telling jokes, playing a family game, or baking a cake together. Assist younger family members with writing their slips.
- Fold the slips in half and collect them all in a jar or basket.
- Pull one slip each week and commit to finding fun together as a family. As you do this, talk about how you practiced mindfulness during these family activities.
- Don't forget to continue adding new ideas!