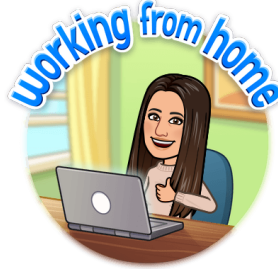




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*“In crisis lies opportunities for strengthening families, amplifying children’s coping skills and promoting resilience.”*  
*Maria Trozzi, M.Ed*

*May 15, 2020*

It is our goal to support Whitney families through these uncertain times. We would like to share informational resources and activities which may offer our students strategies to cope with their new normal over the next few weeks. As you support your child at home, here are strategies to make this transition of homeschooling more manageable.

This week’s topic: **Mindfulness**

Incorporating [mindful practices](#) into your daily routine can help calm anxiety and build [healthy coping skills](#). Here are some tips from clinicians from the [The Child Mind Institute](#) on making mindfulness work for you and your family.

- **Take time to focus on the present-** Being intentional and thoughtful about where you are and how you are feeling.
  - **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release
  - **Belly Breathing:** Slowly breathe deeply from your stomach and back out
  - **Meditation-** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
  - **Blowing bubbles-** Notice their shapes, textures and colors.
  - **Coloring-** Focus on the colors and designs.
  - **Listen to soft music-** Focus on the whole song, or listen specifically to the voice or an instrument
- **Make time for mindfulness-** just 5 minutes a day is all it takes
- **Limit multi-tasking-** Joanna Stern, PsyD, a clinical psychologist at the Child Mind Institute, says “multitasking rarely works, and can actually *increase* stress. “Multitasking is a myth,”
- **Practice mindfulness as a family-** Designating time to [practice mindful activities](#) will help everyone feel less anxious.

For mindful breaks check out yoga video and mindfulness videos at [GoNoodle](#) and [Cosmic Yoga Kids!](#)