HOME ISOLATION
Healthy Mind Platter
7 daily essential mental activities for maintaining mental health

<table>
<thead>
<tr>
<th>FOCUS</th>
<th>PLAY</th>
<th>CONNECT</th>
<th>PHYSICAL</th>
<th>REFLECT</th>
<th>DOWN</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>time</strong></td>
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</tr>
<tr>
<td>When we closely focus on tasks in a goal oriented way, taking on challenges that make deep connections in the brain.</td>
<td>When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, helps make new connections in the brain.</td>
<td>When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.</td>
<td>When we move our bodies, aerobically if possible, which strengthens the brain in many ways.</td>
<td>When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.</td>
<td>When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.</td>
<td>When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.</td>
</tr>
</tbody>
</table>

Developed by Siegel & Rock, 2011
Meeting Your Toddler's Needs
12-36 mo

7 daily essential mental activities
for maintaining mental health

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</tr>
</thead>
<tbody>
<tr>
<td>Read books</td>
<td>Peek a boo</td>
<td>Let me watch</td>
<td>Ball games</td>
<td>Hold me</td>
<td>Help my body relax:</td>
<td>Encourage a routine</td>
</tr>
<tr>
<td>Finger painting</td>
<td>Sing songs</td>
<td>- You</td>
<td>Climbing trees</td>
<td>Soothe me</td>
<td>- Rock me</td>
<td>Establish good night time sleep habits</td>
</tr>
<tr>
<td>Play dough</td>
<td>Play music</td>
<td>- People</td>
<td>Climbing frames</td>
<td>Label my feelings</td>
<td>- Massage me</td>
<td>Be flexible with day naps, enough</td>
</tr>
<tr>
<td>Beading</td>
<td>Play instruments</td>
<td>- Animals</td>
<td>Balance bikes</td>
<td>Teach me about my</td>
<td>- Swing me</td>
<td>is usually enough</td>
</tr>
<tr>
<td>Puzzles</td>
<td>Hide and seek with objects</td>
<td>- Nature</td>
<td>Lifting small weights</td>
<td>body, how it feels, how it moves, what</td>
<td>Help me explore</td>
<td></td>
</tr>
<tr>
<td>Matching games</td>
<td>Swings</td>
<td>Let me touch and explore</td>
<td>Gymnastics</td>
<td>it feels, what it has</td>
<td>big belly breaths</td>
<td></td>
</tr>
<tr>
<td>Sensory play</td>
<td>Trampoline</td>
<td>Time with children and adults of all ages</td>
<td>&quot;Superman&quot;</td>
<td>Always let me know I am loveable</td>
<td>Watching TV</td>
<td></td>
</tr>
<tr>
<td>Learn to do chores</td>
<td>TV shows</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talk to me using a wide array of vocabulary words</td>
<td>Play with animals</td>
<td></td>
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Developed by Siegel & Rock, 2011
### Meeting Mum's Needs when you have young kids

#### 7 daily essential mental activities for maintaining mental health

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<tbody>
<tr>
<td>Paid work</td>
<td>Listen to music</td>
<td>Time with friends</td>
<td>Stretching</td>
<td>Meditation</td>
<td>Whatever relaxes your nervous system:</td>
<td></td>
</tr>
<tr>
<td>Volunteer work</td>
<td>Watch a comedy program</td>
<td>Gossiping</td>
<td>Toddler yoga</td>
<td>Journalling</td>
<td>- diaphragmatic breathing:</td>
<td></td>
</tr>
<tr>
<td>Documentaries</td>
<td>Dance with baby</td>
<td>Social media</td>
<td>Walking</td>
<td>Curate photos</td>
<td>- progressive muscle relaxation:</td>
<td></td>
</tr>
<tr>
<td>Podcasts</td>
<td>Singing, music</td>
<td>&quot;Deep and meaningful&quot; talks</td>
<td>Cardio</td>
<td>Create mementos</td>
<td>- letting your mind wander:</td>
<td></td>
</tr>
<tr>
<td>News articles</td>
<td>Puzzles</td>
<td>Time in nature</td>
<td>High intensive intervals</td>
<td>Goal setting</td>
<td>- idle time:</td>
<td></td>
</tr>
<tr>
<td>Novels</td>
<td>Solitaire</td>
<td>Watch the clouds / smell the roses</td>
<td>Massage</td>
<td>Gratitude lists</td>
<td>- watching and wondering:</td>
<td></td>
</tr>
<tr>
<td>Social media</td>
<td>Word play games</td>
<td>Time with friends</td>
<td>Regular and high nutrition meals</td>
<td>Areas for improvement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paying bills</td>
<td>Quiz challenges</td>
<td>Gossiping</td>
<td>Household chores</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life admin</td>
<td>Shopping</td>
<td>Social media</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Driving</td>
<td>Hobbies</td>
<td>&quot;Deep and meaningful&quot; talks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Researching</td>
<td>Creativity</td>
<td>Time in nature</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>parenting</td>
<td></td>
<td>Watch the clouds / smell the roses</td>
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- **FOCUS**
  - Paid work
  - Volunteer work
  - Documentaries
  - Podcasts
  - News articles
  - Novels
  - Social media
  - Paying bills
  - Life admin
  - Driving
  - Researching
  - parenting

- **PLAY**
  - Listen to music
  - Watch a comedy program
  - Dance with baby
  - Singing, music
  - Puzzles
  - Solitaire
  - Word play games
  - Quiz challenges
  - Shopping
  - Hobbies
  - Creativity

- **CONNECT**
  - Time with friends
  - Gossiping
  - Social media
  - "Deep and meaningful" talks
  - Time in nature
  - Watch the clouds / smell the roses

- **PHYSICAL**
  - Stretching
  - Toddler yoga
  - Walking
  - Cardio
  - High intensive intervals
  - Massage
  - Regular and high nutrition meals
  - Household chores

- **REFLECT**
  - Meditation
  - Journalling
  - Curate photos
  - Create mementos
  - Goal setting
  - Gratitude lists
  - Areas for improvement

- **DOWN**
  - Whatever relaxes your nervous system:
    - diaphragmatic breathing:
    - progressive muscle relaxation:
    - letting your mind wander:
    - idle time:
    - watching and wondering:

- **SLEEP**
  - Sleep and rest when you can
  - Ask for help so you can catch up on sleep
  - Be flexible and try to be relaxed about sleep

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Developed by Siegel & Rock, 2011