

Dear parents and guardians,

We know that this has been a challenging and stressful time for all of our students and families. As we continue to support our students academically, we are also here to offer social-emotional support. Please see below for links to helpful resources during this time out of school. There are articles that explain how to discuss the Coronavirus with children, as well as resources for daily mindfulness activities. Mindfulness is a great tool to help your child (and you!) manage worries and focus on being present in the moment. It involves paying attention fully, and slowing down to really notice what is going on both around you and inside of you.

If any questions or concerns about social emotional functioning arise, please feel free to contact a member of the clinical team at Ward School.

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**Parent resources for talking to children about COVID-19 (Coronavirus):**

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Talking with children about Coronavirus Disease 2019 | CDC](#)

[Talking to Kids About the Coronavirus](#)

[Coronavirus](#)

[www.Innerkids.org](http://www.Innerkids.org)

[www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus](http://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)

A comic for kids: [What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda](#)

[Copy of SEL at Home K-2](#)

Coronavirus Social Story for Kids:

<https://drive.google.com/open?id=1CSxVncobyPwF9vWu1UwFvo1kjBtmnxr>

**Mindfulness activities:**

[Make a Mindfulness Jar or Calming Timeout Timer](#)

[Cosmic Kids Yoga](#)

[4-7-8 Breathing Exercise by GoZen](#)

[Printable Breathing Exercise Cards](#)

[Guided Meditation for Children | THE GRATITUDE TREE | Kids Meditation for Happiness](#)

**Mandala coloring sheets for mindfulness:**

[Print and color mandalas online](#)

[Easy Mandalas for kids - 100% Mandalas Zen & Anti-stress](#)

# 5

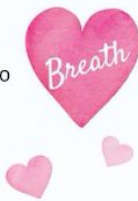
## Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

### 1 "JUST ONE BREATH" BREATHING ACTIVITY



- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



### 2 CREATE A GLITTER JAR



- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



### 3 HEARTBEAT EXERCISE



- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



### 4 GOING ON A SAFARI



- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



### 5 TENSE AND RELEASE MUSCLE RELAXATION



- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

