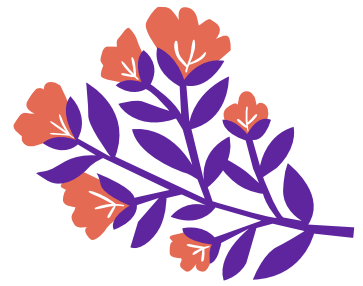


A WEEK OF MINDFULNESS

03.23.2020 - 03.29.2020



MONDAY

Begin the [14 Day Journaling Challenge from Proactive Peace](#), which will help you focus on self-care and calm during an anxious time. There is one prompt for each day of the challenge that you can use to center yourself and get the ideas flowing.

TUESDAY

[Sign up for A Poem a Day](#) from the Academy of American Poets, and every day you'll receive a new poem in your inbox at the top of the morning. You'll find the subscription box on the lower left when you scroll down.

WEDNESDAY

[Try the Raisin exercise](#) (or you can use any other small food item you have on hand, like a grape, an orange, or a cracker). Find a moment of quiet and privacy for yourself, and focus on five things: The way the raisin looks, how it feels, how its skin responds to your touch, its smell, and its taste. There are many objects we use everyday that we don't truly notice.



THURSDAY

Play some [Potluck Personality Bingo](#) with your family or over Zoom with a friend. We are in the Midwest, after all - and maybe you'll get some new ideas for dinner.

FRIDAY

Practice [Breathing Buddies](#). This one is good for kids. Have your child lay down on their back and place a stuffed animal on their belly. Have them breathe in and move the stuffed animal up, then breathe out and bring it back down.

SATURDAY

Set aside time for something you wanted to do during the week, but didn't get around to. Catching up on a book? Finishing a TV show? Knitting? Baking brownies?



SUNDAY

Try this [5-Minute Meditation from Goodful](#), and try not to fall asleep! Or, do.