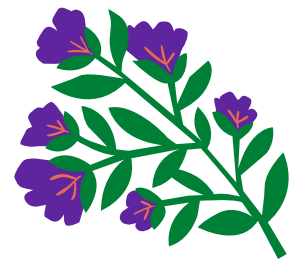


# A WEEK OF MINDFULNESS

## 03.30.2020 - 04.05.2020



### MONDAY

[Look into tapping](#), a healing modality that involves tapping on your pressure points to relieve anxiety. An audio guide and tapping guide can direct you through the process. Make sure to wash your hands first!



### TUESDAY

[Practice the Mindful Jar activity](#) with your children or a friend. With a mason jar, water, and glitter, you can teach your children about positive emotional expression and clarity. Keeping the jar at your desk will help remind you to take breaks and rest when anxiety and fear cloud your judgment

### WEDNESDAY

While you're outdoors getting some fresh air or exercise, practice a mindfulness walk by counting as many creatures as you can - even the small ones like frogs or flies. If you have children with you, turn the walk into a "safari" and ask them to point out the creatures they notice. What are these creatures' stories? What errands are they running and who are they on their way to see?

### THURSDAY

Shifting to online work can be hard not only mentally, but physically. When we sit in one place all day without moving around, we may experience more aches and pains than usual. [Review this list of tips from Claudia Horwitz and Sage Hayes for strategies](#) on how to check in with your body, stretch, take breaks, co-regulate your nervous system, and care for your joints.



### FRIDAY

Practice a "body scan." With this activity, you'll lie down on your back, and squeeze every muscle in your body as tight as you can. This includes your toes, fists, hands, and feet. After a few seconds, relax all your muscles at once. How was your body feeling throughout this activity? How often have you been clenching your muscles or filling your body with tension without realizing it? If you like, you can listen to this [Body Scan Meditation for Anxiety video](#) as you practice this activity.

### SATURDAY

Create a pinwheel with your child - or arrange a video call with a young person in your life and do the activity together virtually. Together, color in your pinwheels, then, practice mindful observation as the pinwheel spins and ask your child what they notice. What is making the pinwheel spin? Can they make it spin in the opposite direction? Can they make it spin faster? [Use this template from Curious George](#).



### SUNDAY

Origami is a great way to practice mindfulness - though for beginners, start slow since more complicated designs can lead to frustration! [Here are several simple designs](#) (including a tulip to remind us that spring is here) that you can make.