



10 Mind & Body Activities for the Entire Family

You've been learning how to take care of your mind and body and now it's time to share what you've been learning with your family at home.

Before you start each activity, remind everyone of these tips for being mindful:

- Pay *full* attention.
- Slow down to notice what you're doing.
- Stay focused and relaxed.
- If your mind starts to wander to something else, bring your thoughts back to what you're doing.

1. **Listen to Your Heart** – Have everyone perform an exercise for 60 seconds to really get the heart pumping (jumping jacks, high knees, burpees). After 60 seconds, have everyone sit down, put their hand over their heart, close their eyes, and listen to only their heartbeat.
2. **Let's Take a Minute** – Lead your family with a Mindful Minute before dinner, after dinner, during a TV commercial break, before bed, or any time! Remind everyone to focus on what they notice around them for a full minute.
3. **Mindful Eating** – At dinner or another meal, have your family focus on the taste, smell, and texture of their food each time they take a bite. Everyone can share and compare what they notice about the food.
4. **Walk, Listen, Look** – Encourage everyone to go for a walk and listen to the sounds of nature. Don't talk, but really listen and look at everything around you. Can you make it the whole walk without talking? When you get home, talk about the things you saw and heard.
5. **Silent Saturday Challenge** – Can your entire household meet the challenge of an hour of silence on a Saturday? Okay, an hour might be way too hard at first. Try being silent as a group for five or 10 minutes in the beginning, then work your way up to an hour.



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6. **Family Unplugged** – One evening during the week, have everyone turn off cellphones, TVs, tablets, and any other electronic devices, and spend some time participating in an activity together. Start with an hour after dinner, then add more time the more often you unplug.
7. **Strike a Pose** – Give each person a turn leading the family as you all “strike a pose.” Hold each pose for 30 seconds before switching to the next one. Choose from these fun poses: Superman, Wonder Woman, mountain, tree, butterfly, frog, surfer, person running.
8. **Blowing Bubbles** – Get some bubbles and blow them, but with a mindful twist! As you blow each bubble, start by taking a deep breath in, then slowly exhale, paying close attention as the bubbles form, detach, pop, or float away.
9. **What’s in the Bag** – Give each person a brown paper bag and have them choose an object to place inside. Don’t tell anyone else what your object is! Switch bags with someone and feel what’s inside the bag, paying close attention to what you are feeling. Take turns sharing out loud what you notice with lots of details. Can you guess the object?
10. **Sending Kind Thoughts** – Part of being mindful is being kind. Have everyone think of three people they would like to send kind thoughts to. In your mind, think of the person and then think of the kind thought you would like to send their way (no need to share aloud). Try this at the end of a Mindful Minute or make this a bedtime routine.

