

Mindful Moments

INSPIRED BY YETI

DAY ONE

AFFIRMATION DAY

Take a screenshot for your daily affirmation. Have your kiddo say the affirmation in a mirror and focus on how they are feeling.

DAY TWO

FRIENDS WITH MY FEELINGS DAY

Identify three feelings with your child. Have them act each out. Ask your child what their feeling needs when they have that feeling. Act it out together and talk about what you can do together to help them understand their feelings.

DAY THREE

MINI MICHELANGELO

Using clay or playdough play, explore your imagination as well as your little one's. Talk about what they are creating by asking open-ended questions, as opposed to guessing what they are trying to create... it may be different than you think!

DAY FOUR

TALL MOUNTAIN

Stand in Mountain pose and practice bringing your hands together in front of your chest palm-to-palm. Focus on the feeling of your hands pressing against each other. Try changing how hard you press your hands together and ask your child how it feels and what it makes them think about.

“Mindfulness is a skill that can benefit both adults and children. By taking the time to practice mindful moments, you are helping to instill a powerful message to children about the importance of presence and balance. We hope that you see how easy it can be to practice mindfulness with your child and incorporate it into your everyday life.”

Founders - Kelly Oriard & Callie Christensen

