

Some practical and fun activity ideas. These ideas are not hour long activities but “moments in time” that build awareness.

- **Blow bubbles:** Bubble blowing is fun! Bring awareness to your child’s breath as they blow out on the bubbles. “Listen to your breath” is a gentle way to focus attention on the breathing.
- **Keep track of emotions:** Teach children to track their emotions with a “feeling chart.” You can find samples on the internet or create your own. Hang the chart on the fridge and keep track of the different emotions that happen for the whole family over the course of a day or week. Talk about what you see and describe how different emotions make you feel.
- **Go on a sound exploration:** Imagine you are “great sound explorers” and going on a mission to notice as many sounds as you can. Quietly keep track of the sounds by drawing or writing the sounds (during or after). For contrast, try this with eyes open and later with eyes closed. Tie the sounds into how your child feels in reaction to the sounds.
- **Find ONE new thing:** Practice paying attention to the wider environment by noticing ONE new thing a day! Imagine walking about your neighbourhood or even your kitchen and noticing one new thing. “What are the colours of those curtains?” “What is the texture of those flowers?” “Did you realise there was a postbox on the corner?”
- **Create a quiet zone:** Ask your children what they would like in a quiet zone. What are some activities that calm them? Find and create a little nook together that allows for this quiet space. Consider all the senses, for example, what textures do your children like (pillows, blankets or chairs), which smells aggravate and which ones calm (experiment with aromatherapy) and what role will sound play (silence, music or something different)?
- **Art Therapy:** Colouring in is a great way to get your child focused on a task.
- **Nature Walk:** Walking through nature with the family can get your child interested in exploring the beauty of nature. Your child could collect and examine autumn leaves, or feel the sand beneath her toes during a walk on the beach.
- **Observation:** Taking photographs of or drawing something interesting or beautiful – such as a sea shell or an insect – encourage your child to look closely at details.
- **Green Fingers:** Looking after a vegetable patch encourages your child to notice how plants grow