

Take a Moment Activities

Here are some practical and fun activity ideas to introduce 'Take a Moment' to your home. These ideas are not hour long activities but "moments in time" that helps build awareness. Choose one to try together at home:



- **Breathe in Breathe out:** Practice taking slow, long breaths (5 second to breathe in and 5 seconds to breathe out).
- **Blow bubbles:** Bubble blowing is fun! Bring awareness to your breath as you blow out on the bubbles. "Listen to your breath" is a gentle way to focus attention on the breathing.
- **Keep track of emotions:** Track your 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 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 you feel 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 is a post box on the corner?"
- **Create a quiet zone:** Ask yourself what you would like in a quiet zone. What are some activities that calm you? Find and create a little nook together that allows for this quiet space. Consider all the senses, for example, what textures do you 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 you to focus on a task. Look up examples of mindfulness colouring-in.
- **Nature Walk:** Walking through nature can get you interested in exploring the beauty of nature. You could collect and examine autumn leaves, or feel the sand beneath your 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 – try to look closely at the details.
- **Peace Button:** Get your child to teach you how to use your 'peace button'.