

# A WEEK OF MINDFULNESS

03.30.2020 - 04.05.2020



## MONDAY

Looking to bring a little color and joy to your garden? [Try this melted bead suncatchers activity](#) to create beautiful glass-like art to hang from trees or a porch. If you like, you can attach bells to the strings beneath to create a suncatcher windchime. Bonus: you probably have most of these items at home already!

## TUESDAY

Having trouble sleeping at night due to anxiety and stress? Try [“box breathing” from The Deep Sleep Co.](#) Print their handout and follow the prompts as you trace around the box, repeating in 1-3 minute intervals. Through this activity, you’ll match your finger movements to your breathing while slowing your heart rate.

## WEDNESDAY

Build your own [Grounding Toolkit](#) from ACESDV filled with sensory items and self-soothing strategies. This toolkit is a great resource for bringing yourself back to earth when you’re feeling overwhelmed or anxious.



## THURSDAY

Speaking of toilet paper, you can use the leftover cardboard tubes to create a [mindful breathing wand](#). You’ll simply need the tubes, stickers, markers or paint, and streamers or ribbons. This breathing wand is a fun and easy way to visualize and practice your breathing.

## FRIDAY

Practice [UNICEF’s “Take a Pause” one-minute relaxation activity](#) on the 5th page of their COVID-19 Parenting Tips Guide. Through this activity, you can listen to your breath, notice your surroundings, and repeat calming mantras to yourself.

## SATURDAY

If you have children at home, make an [“Emotions Octopus”](#) with them. Using paper cups, markers, and a craft knife, you’ll make an octopus cup that rotates emotions. You can use this tool to talk with children about their various emotions during the pandemic and how to cope with them.



## SUNDAY

Relax in a comfortable setting, close your eyes, and settle into awareness of your breath and body. With a fifteen minute video, you’ll be practicing [LovingKindness Meditation](#), which helps develop compassion for yourself and others. May you be happy, may you be well, may you be comfortable, and may you be at peace.