



FAMILY MINDFULNESS CHECKLIST

In this program, we've explored different ways your family can practice mindfulness together. Check off the things that were meaningful for your family. At the bottom of this page, list some different ways to move together. Place your favorite activities and movement ideas into your weekly mindfulness schedule (next page).

- ☐ Check-ins
- ☐ Mindful Breathing
- ☐ Gratitude Practice
- ☐ Mindful Movement
- ☐ Meditation
- ☐ Emotions Charades
- ☐ Kindness/Gratitude Jar
- ☐ Back-to-back breathing
- ☐ Creating a Calm Corner
- ☐ The Mirror Game
- ☐ Guess the Letter
- ☐ Buddy Breathing
- ☐ Scavenger Hunts
- ☐ Five Senses Activity



Family movement ideas:

FAMILY MINDFULNESS WEEKLY SCHEDULE

What mindful activities would you like to do together this week?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Take a hike.



Play an inside game that requires movement, like Charades.

It's so important to move every day, and movement is more fun when we do it together! Here are some simple ideas, whether you have five minutes (dance party!) or an hour. Create your own family movement routines.



Create a workout course at the playground.

Go for a walk in your neighborhood.



HOW TO ADD MORE MOVEMENT INTO YOUR DAY



Find a silly dance/workout video you can do together.



Create your own Tik Tok videos (either to upload or just for your family).



Have a dance party and take turns selecting music.

Play ball.



Practice mindful movement.

