

SIMPLE CONNECTIONS stronger families

Volunteer for an activity you like or a service you care about

Plan together ways that you can volunteer as a family.

It could be "formal" for an event or organization, to support a neighbor or friend,
or simple ways to make your community better.

Here are a few examples:

- Pick up garbage in the park where we play.
- Help out at the annual Family Day event.
- Shovel snow or mow grass for a neighbor.



Make a note of how your family already volunteers.

Plan together ways your family can volunteer:



www.YLLMYHOME.com

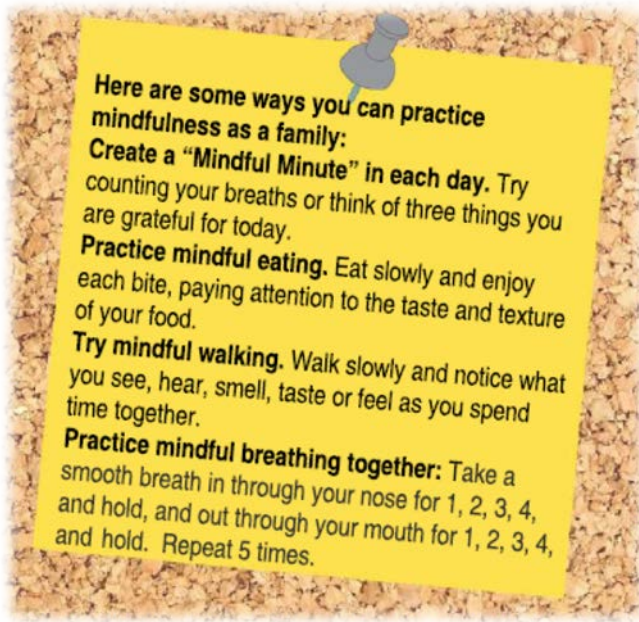


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Taking care of yourself helps your family be resilient.



Our family Mindfulness plan

- Practice taking 3 deep breaths to help manage strong emotions.
- Practice mindful eating.
- Practice mindful walking.
- _____
- _____
- _____

Simple ideas to get the whole family involved from mindful.org

- Before you rush out the door in the morning, pause together and take three mindful breaths.
- When you sit down to enjoy a meal together, pause and take three mindful breaths.
- Eat mindfully, taking time to smell your food, look at it, taste and savour it.
- Take a walk together and pay attention to what is around you, what you see, what you hear, the smells and how things feel when you touch them.
- Before bed, share something that you are grateful for, celebrate something that was special or made you happy during the day. End it off with some mindful breathing.

Mindful listening: Tell your child you are going to ring a bell or a tone bar. Ask them to listen carefully to the sound of the bell and raise their hands when they can no longer hear it.

Breath awareness: Have your child lie down on a mat on the floor, or on their bed, and place their favourite stuffed animal on their belly. Have them rock the stuffed animal to sleep with the movement of their belly as they breathe in and out. This is how they can begin to pay attention to their breathing.

Check out: [Mindfulness-Based Stress Reduction](#)



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