

## THEME: "WE ARE ALL CONNECTED" MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS



Remember that we are all the same. We are all made of the same materials, we experience the same feelings, go through pain, struggles and anger, but we all too easily think we are alone in this. We are not alone. We are here together.

Remind yourself of this when you struggle.

Now find your inner peace and calm which is always here for you. All you need to do is reconnect to it. Take a deep breath in, and a calming breath out. Now tell yourself, "I am here. Everything I need is within me. I am not alone."

May you be safe.  
May you be healthy.  
May you be loved.  
We are here for you, for them.



MANTRA: "I AM NOT ALONE"

"I am here.  
Everything I need is within me.  
I am not alone."

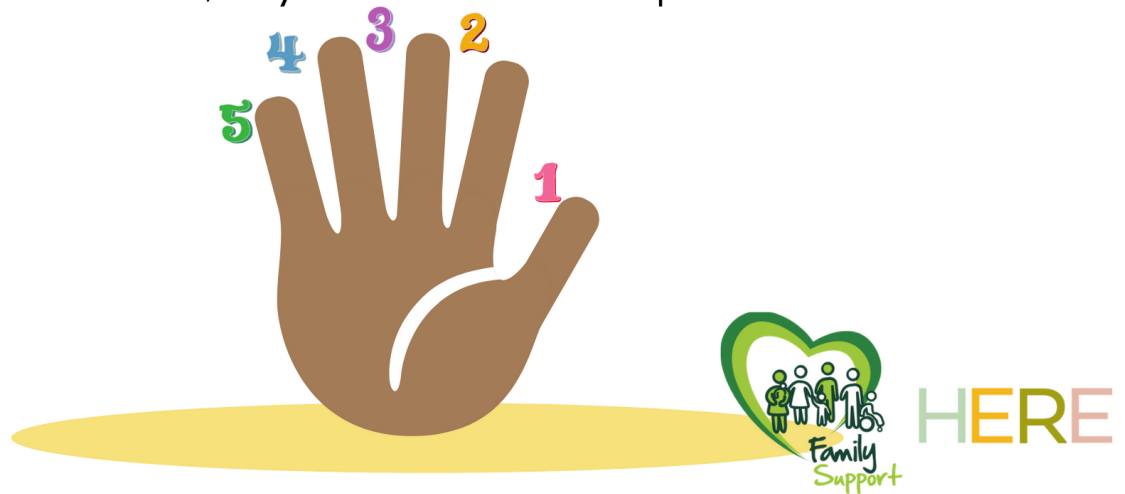


## ACTIVITY

"Five Things That Are Good About Me"



Draw around your hand and write down 5 things that are good about you (one for each finger). These could be words, sentences, or you can even draw pictures!

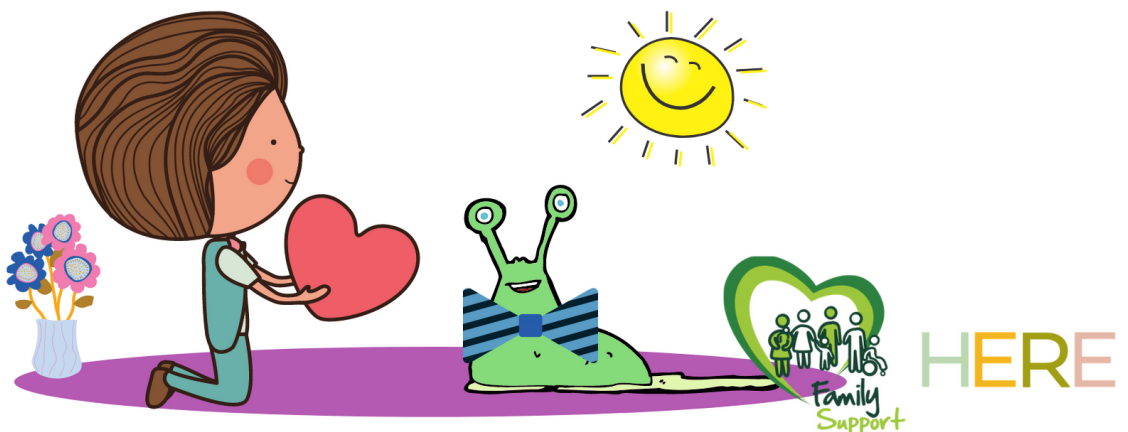


## ACTIVITY

"Connection"



Let's connect to the world and ourselves! Think of one thing you can do today to feel connected to yourself, and one thing you can do to feel connected to others.





## ACTIVITY: A SMILE CAN GO A LONG WAY

What can you do to bring a smile to your face today? Smiling increases endorphins, dopamine and serotonin! These neurotransmitters can make us feel happier, reduce stress levels, and can even lower blood pressure. Here are some ideas to help bring smiles and joy into your day.

### "HELLO SUN! HELLO EARTH! HELLO PARK!"

When you're with your little one, you can practice gratitude for the day and with what nature has provided us with a smile and a wave! Try on your own for giggles too!

### GRATITUDE FOR FRONTLINE WORKERS

People are feeling stressed as they keep our grocery shelves stocked, make food for take-out and take care of us if needed in hospital. A smile for them will go a long way.

### UNEXPECTED SMILE

Smile at someone you pass in the street. You never know how much they might need it, and they may even pass it on to someone else and carry on the positive chain!

### SNUGGLE AN ANIMAL

Petting a dog, cat or other animal like a horse or goat if you're at a farm, is proven to be therapeutic and bring comfort and smiles. Just what we all need!





## ACTIVITY: "CONNECTION"

Let's connect to the world and ourselves!

**WRITE DOWN ONE THING YOU  
CAN DO TODAY TO FEEL  
CONNECTED TO YOURSELF! YOU  
CAN DRAW A PICTURE OF THE  
ACTIVITY BELOW TOO.**

1

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2

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## ACTIVITY: "5 THINGS GOOD ABOUT ME"

Draw around your hand (or use this worksheet) and write down 5 things that are good about you (one for each finger). These could be words, sentences, or you can even draw pictures! This can be done as a family or in the classroom too, so you end up with 5 things that others have written about you. This activity helps with feelings of connectedness by sharing kind thoughts about each other.

