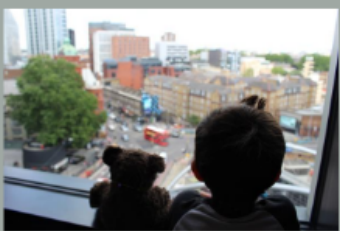


## THEME: "POSITIVE MODEL"

### EMOTIONAL DEVELOPMENT IN CHILDREN: TRY BEING A MINDFUL MODEL!

As a parent, teacher and caregiver, one way to help your children develop emotional resilience is to model mindful behaviour yourself. The children in your life will observe the way you deal with stress, anger, being upset, and happiness, all of which you have the ability to positively model! Here are a few simple things you can do to help yourself be more mindful.



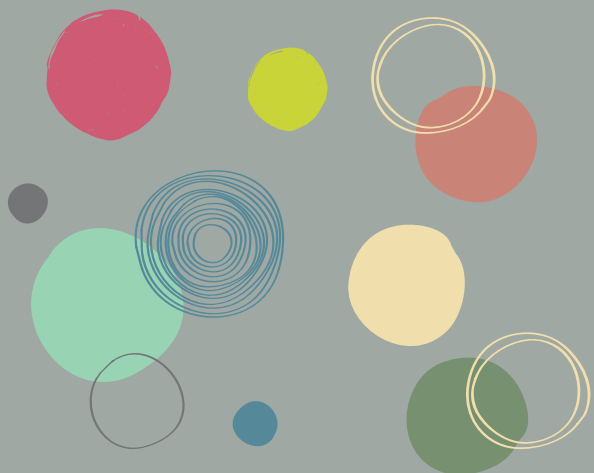
#### *Devices Down, Pause, and Look Around*

Take a few moments each day to appreciate something within your surroundings. This could be done while on the bus or train, by walking to pick up your groceries, or even when at the park!

Put your devices down (you can do it!), look around, and appreciate the diversity of life. If you find yourself looking down too much at your device, then turn to this simple act to help you become more present.

You can even integrate simple breathing techniques into your pauses, such as "Three Healing Breaths" to help ground you even further and serve as a positive model.

## DOTS AROUND THE HOME



At home, place a few small dot stickers strategically on a few things, and when you see the dot, take a big inhale and then exhale, then carry on as you were.

This could also help during stressful situations at home either with children, partners, family, and with team members at work. Make it the norm within your house that, if stress levels rise, you manage it effectively by taking a moment to breathe and ponder before addressing the situation at hand.

## 10-MINUTES OF YOGA AND/OR MEDITATION



Try 10-minutes of yoga and/or meditation each day, either alone or with your child/family. The HERE app offers sessions as does YouTube.

If 10-minutes is too much, that's ok! Try just a few poses and breathing techniques to connect with your breath and experience feelings of being overloaded melt away..

## POSITIVE JOURNAL



Bookend your day with positive thoughts: In the morning, before anything else, write down three things that will make your day a good one. At the end of the day, write down three things that were good about your day. Focusing on what you're grateful for and the positive aspects of what lies ahead of you can help with resilience and keeping things in perspective.

## POSITIVE MINDSET



If it's cold and wet and you get caught in the rain, instead of thinking "Ugh it's cold, I'm wet, life is dreary," you can think, "I am thankful for my coat, I am thankful for being able to go to work today and earn money." Having positive thoughts can not only help you get through tricky times, they can also show the little ones around you how a positive mindset can help them too and build resilience.

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For You For Them

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