



Summer Pandemic Planning: Activities That Engage mindfulness to be fully present.

Prepared by The Purposeful Parenting Team at Southeast Psych

Parenting during a pandemic may find us in a state of chronic stress in which emotions are easily triggered. An intentional daily practice of mindful breathing, mindful movement, attention to the present moment, and engaging in mindfulness activities and games will help us and our children create more calm, emotional control, resilience, and joy.

You can have a summer full of fun and meaningful memories with less stress, despite the pandemic. Here are activities that promote mindfulness, Root 7 of the 7 Guiding Principles to Parenting with...

PURPOSE:

Activities that Engage mindfulness to be fully present:

- Play **“I-Spy Your Favorite Color”**: You and your child pick a color. For 60 seconds, look around your surroundings and silently count as many items in that color. Then, take turns reporting your I-Spy items *“I spy a green pen. I spy a green pillow, I spy green grass.”*
- **Cloud watching**: Grab a blanket, head to the yard, lie down and watch the clouds pass by. What shapes do you see? Animals? Notice how the clouds change and drift away? How the sky is blue and clear when the clouds disappear? Bring your awareness to the stillness, sensations, and peaceful feelings in your body.
- **Mindful Nature Walk**: Practice bringing your attention to the movement of your feet, legs, bodies as you walk. Feel the ground as it connects with your foot with each step. Notice the rhythm of your body. Play I-Spy.
- **5-4-3-2-1 Grounding Exercise**: Walking or sitting. Take turns naming 5 things you **see**; 4 **sounds** you hear; 3 things your body is **touching**; 2 aromas you **smell**; 1 **taste**. (Grounding helps to de-escalate high distress & panic too.)
- **Plant** flowers or vegetables; start a gardening project. Create a **butterfly garden**.
- **Blow bubbles!** Make it a game: using only your breath, keep the bubbles from touching the ground.
- **Knead & Mold**: Make homemade bread or pizza dough from scratch. Create slime together.
- Practice **origami**: click [here](#) for instructions on how to get started.
- Make **paper planes** and **fly them together**. Or buy model plane kits to build model planes.
- **Coloring, drawing, tracing**: Any coloring book or Mindful Coloring Books. Trace a shape with your finger or pencils.
- Do **Yoga** together. Here are [5 Best Yoga Videos on YouTube](#)
- Listen to your favorite **Mindfulness apps** together, such as [CALM](#) or [Headspace for kids](#).

Check out these additional resources to practice mindfulness with your child:

[25 Mindfulness Activities for Children and Teens](#)

[7 Creative Mindfulness Exercises](#)

Go to [MyPurposefulParenting.com](#) or Follow Southeast Psych on Facebook and Instagram for more family summer fun activity ideas and Purposeful Parenting Tips for kids in all ages and stages.

Purposeful Parenting Program provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.