

Summer Edition

This section provides additional instructions on the 10 Mindful Summer Activities. Should you wish to take more time to focus on mindfulness, this document will guide you.

PRACTICE
Mindfulness

Family Bike Ride – Instead of focusing on where you are going or what you are thinking about, focus on riding in the moment. To get out of your head and into your body, can you hear yourself breathing? Feel your heart beating? Can you notice feeling warmer? Try tuning into the environment. Can you feel the wind on your cheeks or smell the wild roses in bloom, hear the birds chirping? Feel the ground beneath you? Can you see the homes or landscapes you pedal past?

Cozy Campfire – When you are enjoying a campfire, practice sending kind wishes to 5 people. As you think about each person, bring your hands to your heart and imagine you are with that person or giving them a hug. Then send that person some kind words or love by repeating some phrases such as “May you be happy, healthy, strong and peaceful”, or whichever words feel right for your family. Another activity is to have each person name 5 things they are grateful for. This could include a person, pet, event or place. Notice how it makes you feel to send kind wishes to others or note what you are grateful for.

Playground Fun – With mindfulness we practice slowing down, so we do not feel so rushed all the time. The next time your family is at the playground, try playing “Slow-Fast-Slow.” Whatever your kids are doing — playing in the sand, running through tunnels — have them try to do it slow, then fast, and then slow again. Talk about what it felt like to do something slowly. Did it feel different? Did you notice something you hadn’t before when you were playing fast? Did you like moving more slowly, or do you like to be quick?

Family Gardening – A garden is a great place to slow down and appreciate nature around you. Begin by taking a few slower deeper mindful breaths. Can you notice any smells that linger in the environment, the scent of flowers, and the soil? How does the soil feel between your fingers, or the prickle of the rose thorns, or the softness of a flower petal? Can you admire all the colours and shapes? What sounds do you hear? Perhaps the buzzing of a bee, the song of a bird, or the wind blowing? As you become more relaxed and aware of the environment around you, can you name 5 things for which you are grateful?

Family Games - Mindfulness of sound. Bang on a pot or pan or dangle some wind chimes and invite your child to signal to you when they no longer hear the sound “hanging” in the air.

Mindful breathing - Blow bubbles. Draw a slow deep breath in through the nose and out through the mouth as slowly as possible as you blow the bubble.

Creative Crafting – Can help us focus on the present moment and enhance feelings of relaxation. Make a Glitter Jar: Using glitter, clear glue and water, you can make a “mind jar” — the glitter represents all the thoughts and emotions in our minds (and when the jar is shaken they go crazy!) But if you stop moving it and breathe for a few moments, the glitter settles and the water becomes clear. <https://heartmindkids.com/how-to-make-a-glitter-jar-for-mindfulness/>
Coloring: When we color, we focus our attention on a single activity, and that can feel really pleasant. This is probably why so many adults are coloring now! Join your kids in coloring time with a cool mandala coloring book. Enjoy the calm that can arise from single-minded concentration.

Family Reading - The next time you read a story with your kids, take some time to engage in conversation about the feelings of the people (or animals) in the book. It can be hard for children to talk about their own emotions, so sometimes it's easier to talk about fictional characters. You can ask questions like, “What do you think the girl is thinking about?”; “Why do you think he is sad?”; “How do you think you would feel if that happened to you?” or, “Have you ever felt like that before? Some mindfulness books include: *Breathe Like a Bear* by Kira Willey, *I am Love* by Peter Reynolds, *Imaginations* by Carolyn Clarke, or *Sitting Still like a Frog* by Eline Snell.

Sprinkler Fun – It's time to bring out the sprinkler for some cool backyard fun! Fun can be more than just running through and joyously shrieking. Try using your 5 senses to focus on your environment instead of your thoughts. Ask yourself:
What sounds do I hear? (Laughter, screaming, sprinkler, traffic, squish of the water under your feet).
What do I see? (Green grass, water droplets, smiles, hose).
What do I feel? (Temperature of water, warmth of the sun, breeze on my skin, tickle of the grass).
What do I smell? (Fresh cut lawn, sunscreen, and snacks).
What do I taste? (What taste still lingers in your mouth from your last meal or snack)?

Family Walk – Watching the sky. Mindfulness is about pausing and paying attention to what we are thinking about in the present moment. A great way to help kids learn to be aware of their thoughts is to lie down the grass and look up at the sky. Notice the clouds, the shapes, how they change, and the constant movement. Introduce the concept that our mind is like the sky, and our thoughts are like clouds. Just like the clouds our thoughts are always changing and we can watch our thoughts like we watch the sky and the clouds.

Chalk the Walk – Spread kind messages or positive affirmations with others by writing them on the sidewalks in your neighborhood for a fun act of anonymous kindness. Notice what affect this act of kindness has on your family and others.

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This section provides additional instructions on the 10 Fuel Your Body recipes.



Apple nachos - Slice 1 - 2 apples. Drizzle with melted peanut butter or vanilla yogurt, sliced strawberries/blueberries, chocolate chips/peanut butter chips, coconut flakes.

Lunch meat and cheese roll ups - tightly roll up a slice of luncheon meat. Wrap a slice of cheese around outside of meat, then spear through with a pretzel stick.

Fruit Kabobs and Quesadillas - skewers covered in various fruit with mini cheese quesadilla (use small tortillas and fill with favorite cheese).

Watermelon fries with vanilla yogurt dip - cut watermelon into strips to resemble fries and dip into your favorite vanilla flavored Greek yogurt.

Chickpea Salad pinwheels – 2 cans of chickpeas (drained and rinsed & mashed), avocado (mashed), red onion, mustard, pepper, mayo, garlic salt, 2 large tortillas, a couple handfuls of baby spinach. In bowl, combine chickpeas, avocado, onion, mustard, mayo, pepper, garlic salt, and stir (add seasonings or hot sauce to taste) and place in fridge for 30 mins. Spread mixture over tortillas and top half of filling with spinach. Starting at end with spinach, roll tortilla tightly - once wrapped cut into 8 pieces.

Broccoli cheese cups - 3 cups cooked, chopped broccoli (can be frozen broccoli), 1 egg, 12 crushed Ritz crackers, 1 cup shredded cheddar cheese, .5 tsp garlic powder, .5 tsp salt. Mix all ingredients together in bowl and divide evenly into well-greased muffin tins – squish mixture down so it is well compacted. Bake for 14 -16 mins at 375 degrees.

Frozen yogurt fruit bark – spread vanilla yogurt on small baking sheet lined with parchment, top with sliced fruit (berries, etc.) and put in freezer until frozen. Once frozen, break into bark chunks and keep in freezer until ready to eat.

Baked Apple over the campfire - slice apple, place on sheet of tinfoil, sprinkle with cinnamon and brown sugar, wrap in tinfoil and bake over fire for approximately 8-12 minutes.

Rice cake snack- pack some plain rice cakes, topped with a peanut or nut free butter and sliced bananas for a filling snack.