Week #6

**MINDFULNESS FOR THE WHOLE FAMILY**

Mindfulness, simply put, means paying attention to the present moment. It means taking a step back and noticing the world around you, as well as noticing your inner experiences like thoughts and feelings. With practice, mindfulness can help adults and children cope with problems such as stress, anxiety, and ADHD.

The **Family Mindfulness Schedule** provides parents with techniques and suggestions of how to practice mindfulness during their normal daily routine, with their children (ages 5-11).



A big thanks to Therapist Aid for providing this family mindfulness activity.

***PARENTS AND MIDDLE SCHOOLERS***: **Looking for a way to calm yourself during COVID-19?**

Try the **MindWELL-U Mindfulness Challenge**, which is a free mindfulness program offered on-line to everyone in New Brunswick. Check the link :

<https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/mental-health-and-coping-during-covid-19.html>