

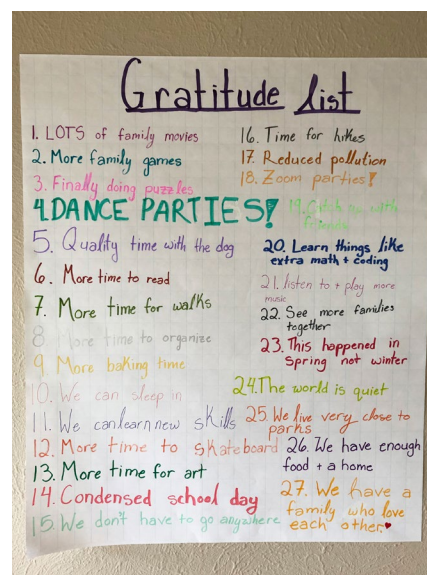
Being Mindful

Meditation, yoga and other mindful activities can help alleviate some of the stress and tension that your family may be experiencing. Regularly doing [mindful activities](#) has been shown to boost the immune system, relieve anxiety and improve emotional health. These resources can help you build more mindful activities into your family schedule.

Resource	Description
MindUP	The Goldie Hawn Foundation has created resources for families on how to build mindful activities into their day. The core program, " Brain Break " helps kids focus their attention and regulate their emotions.
Yoga with Adriene	Adriene focuses on yoga for all levels, especially for older kids and teens. Visit her YouTube channel for yoga practices for kids and their parents.
Alo Yoga for Kids	Online yoga and mindfulness classes for kids of all ages.
Mindful Schools	Free online mindfulness classes for kids. View past recordings and sign up for their newsletter for more activities.
Study Break Yoga	One-minute breathing and stretching videos that you and your kids can follow in between work sessions to give your mind a break throughout the day.
Wee Yogis	Yoga and music programs for kids, from toddlers to tweens. Visit the Wee Yogis YouTube channel for online movement and yoga courses.

Tips for Supporting Family Mindfulness

- » Use mindful activities as a way to connect with your child
- » At bedtime, ask your child to reflect on something that went well that day
- » Have an attitude for gratitude by creating a gratitude list



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