



# Calm Is Contagious

## Mindfulness Activities You Can Do as a Family

**If you are feeling extra anxiety these days due to COVID-19, you're not alone.** This pandemic has all of us feeling more stress and uncertainty than usual. It also has many of us asking, how do I keep myself and family from spiraling into full-blown panic?

According to Jon Kabat-Zinn, Ph.D. and mindfulness expert, the goal of mindfulness is to achieve a state of alert, focused attention by deliberately paying attention to thoughts and sensations without judgement.

### How Does Mindfulness Help?

Practicing mindfulness activities allows the mind to refocus on the present moment making it easier to fully engage in activities and savor the pleasures of life as they occur, which creates a greater capacity to deal with stressful events.

### Mindfulness Activities:

**Take a listening walk in your backyard**—Take a walk together in silence, listening for sounds you typically overlook. Share what you heard with each other and savor the moment.

**Go inside your body**— Jon Kabat-Zinn calls this a “body scan”. Sit or lie down with your kids. Starting with your toes, everyone takes a turn naming one part of their body out loud and briefly describes how that part is feeling. This activity will help you and your family focus on the sensations inside the body which can encourage discussions about feelings.

**The Mindful Jar**— Get a clear jar and fill it with water. Add a big spoonful of glitter glue or glue with dry glitter to the jar. Shake and watch the glitter swirl. This activity not only helps children learn about how their emotions can cloud their thoughts but also facilitates mindfulness.

*Source: Parents.com and Positivepsychology.com*

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