



### Before you get out of bed:

- Sit in a comfortable position
- Take 10 breaths, with thoughts below:
  - **Inhale** - "May I accept things the way they are"
  - **Exhale** - "May I be at peace"
  - **Inhale** - "May I accept things the way they are"
  - **Exhale** - "May I be at peace"

## CALMING MINDFUL CORNER

Have each family member identify a Mindful Corner:

- This a place for alone time (i.e. no one can bother you while there!)
- When you sit in your Mindful Corner, practice **Square Breathing (10 times, or set a timer!)**
- Imagine a square:
  - **Inhale** as you go across the top of the square
  - **Hold** your breath as you go down the right side
  - **Exhale** as you go across the bottom
  - **Hold** your breath as you go up the left side



## COMMUNITY MINDFULNESS

Practice mindfulness as a family (or FaceTime a community member or another family):

- Dinner time (or right before everyone heads to bed)
- Set a timer for 5 mins and sit quietly with eyes open or closed
- Listen to the sounds in the room, feel your belly move with your breath, or simply let your mind wander
- When the timer goes off, congratulate yourself
- Talk about the experience!

