

## Brain Training

What's wonderful about our brains is that we can train them to pay attention. We can train our brains to attend better by using our senses as anchors for our attention.

Tuning into our senses together with our children, develops attentional skills by helping us take notice of what is extraordinary about the ordinary, such as hearing a beautiful piece of music, smelling a rose, or tasting a strawberry.



### Mindful listening

Helps us train our attention and supports communication skills by helping us be thoughtful in the way we hear and respond to others. It's a key ingredient in building healthy relationships.

### Mindful seeing

Helps us learn to focus and observe. Learning to focus our attention on sight fosters curiosity and also fosters peace. It helps us experience awe — take a walk and just look at a beautiful sunrise or sunset

### Mindful smelling

Helps us become more aware of our environment and sharpen our memories. Smells often trigger the recall of memories as the smell and memory centers of the brain are close to each other.

### Mindful tasting

Helps us learn to become more mindful of what we are eating and putting into our bodies.

### Mindful movement

Helps us deepen our brain and body connection. Becoming mindful of sensations in the body is a fundamental step in increasing our self-awareness.

## Practices for YOU:

### Mindful Moment:

Take some time out to just sit, relax, and notice your surroundings, without distraction, such as an early morning sunrise. Take a break from texts, emails, and social media.

### Mindful Responding:

Mindfully listening to your child is one of the most important things you can do as a parent. Listen to the informational and emotional content of what your child is telling you. Be there with them, and develop a thoughtful and supportive response.

### Mindful Eating:

Eat something mindfully by slowing down, noticing, and savoring each smell, taste, and texture. Then discuss what foods are good for you and what foods are not good for you.

# Mindful Sense

For Parents K-5

**mindup**  
BRINGING MINDUP HOME

## Mindful Movement/Exercise:

Try incorporating movement into your daily routine. A body in motion is a beautiful thing. Any form of physical activity (walking, jumping, even laughing) improves our ability to think, learn, and create more well-being – and yes, improves our mood.

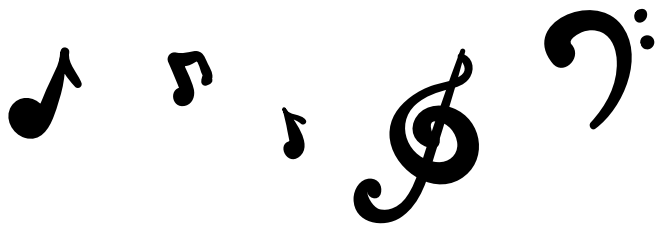
## Precious Moments:

Stop and watch your child! Take note of what they're doing and how you're feeling. Enjoy the moment, it will soon be gone!

## Practices with your child:

### Spot the Instrument:

Listen to some music together and ask your child to identify the different instruments they can hear.



### Play Echoes:

Mindful listening in action! Say a sentence, and then ask your child to repeat it. Add new words to extend the game to actively engage certain parts of the brain (the prefrontal cortex, or Wise Owl, and the hippocampus, the Elephant who never forgets).

## Let's Dance:

Turn up your favorite music and dance together. Jumping, hopping – you don't have to be a professional; just have fun!



## Fun in the Kitchen:

Involve your child in making dinner, mindfully smelling and possibly tasting the ingredients to notice the changes that take place when the ingredients are cooked. Mindfully taste the food, noticing the taste and texture. Talk about how you appreciate eating the food together.

## Color 5, 4, 3, 2, 1:

Ask your child to notice different-colored objects in their surroundings – for example, five things that are red, four green, three blue, two yellow, and one orange.

## Game Time:



Play a game that requires mindful movement, such as Jenga, Simon Says, or Pick-Up Sticks, or collect pebbles and see how many they can stack!

## Treasure Hunt:

Go for a treasure hunt walk outside. Ask your child to collect various items in your environment, for example, a stick, a leaf with at least three points, a heart-shaped rock, etc. Encourage them to add to the list of things to find so they have the opportunity to use their thinking skills.