

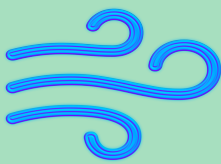


MINDFUL TIPS

Back to school can be an exciting time for the little ones. Learning new things, seeing old friends, and making new ones. But, with excitement sometimes comes anxiety. The anxiety of learning new things, navigating new spaces, and new dynamics. How can we as parents help our kids overcome any worries and focus on simply being present and doing their best in the here and now? We've got some tips to share! You can practice these activities together and help them form new mindful habits that will serve them throughout the year and beyond.

TIP #1

1. Focus On Your Breath - If you feel overwhelmed take a deep breath and exhale. Do this a few times while focusing on your breath coming in and out of your nose. If it helps, close your eyes.



TIP #2

2. Practice Gratitude - Write down three things you're grateful for. It could be anything! The warm sun on your face, a delicious lunch prepared just for you, or the kindness of a fellow classmate or friend.

TIP #3

3. Practice Compassion - Sometimes things don't go as we would like them to, despite trying our best. And that's OK! Meeting yourself and others with compassion, leaves space for lessons, and when we learn from our experiences we can use that knowledge to make the best of what's to come.



Remember, being mindful and staying present are simple ways to ensure that we make the best of each moment!

