

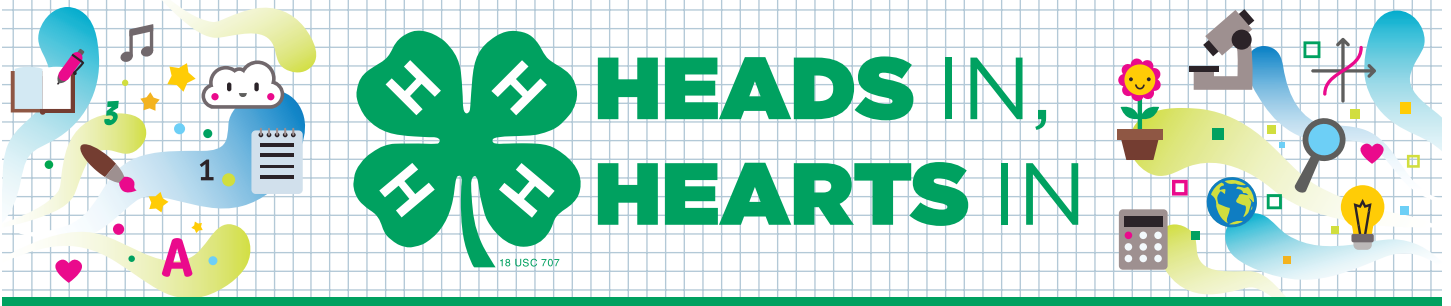
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Head to Toe” handout
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Head to Toe” handout.

This “Head to Toe” handout is an adaptation of the “Head to Toe” handout that appears in the “Family Engagement” section of *Heads In, Hearts In*.



Head to Toe

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will teach the child a technique for feeling calm by doing a head-to-toe body scan. A body scan is like a check-in with your body to see if you are holding tension in your muscles. Paying attention and taking slow, deep breaths can help you lessen any stress the child might be feeling and bring on feelings of calm.

Instructions

1. Tell the child that you are going to practice an activity together called “Head to Toe” in which you will do a check-in to see how their body is feeling.
2. Encourage the child to lay down comfortably or stand if they would prefer.
3. Using the body scan “Head to Toe” handout as a guide, help the child notice and pay attention to their whole body.
4. Starting with toes, ask the child to notice their toes. They can wiggle their toes or squeeze them tightly and then relax them.
5. Pause and encourage the child to take a deep breath.
6. Next, ask the child to notice their feet. They can wiggle their feet or squeeze them tightly and then relax them.
7. Pause and encourage the child to take a deep breath.
8. Continue on in this way until you have covered all of the body parts listed on the handout and the child is calm.

Head to Toe

Head to Toe Handout

Toes

Feet

Belly

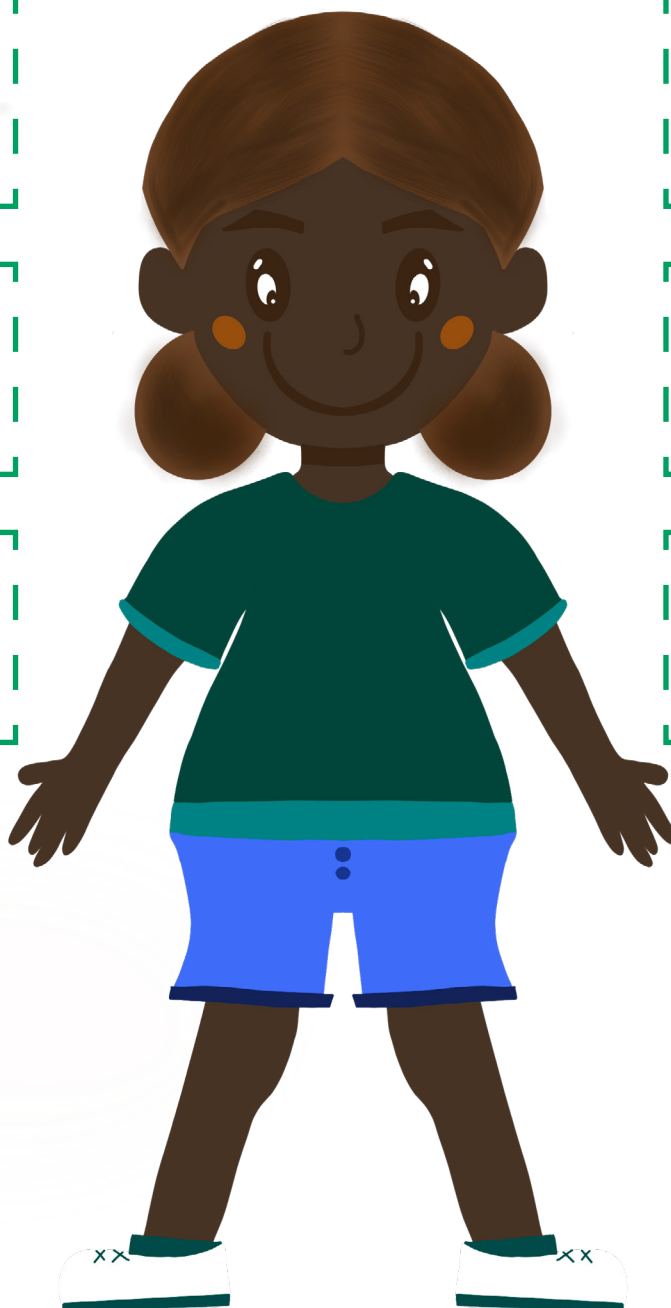
Legs

Shoulder

Arms

Hands

Face



This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.

Head to Toe

Head to Toe Handout, continued

Toes

Feet

Belly

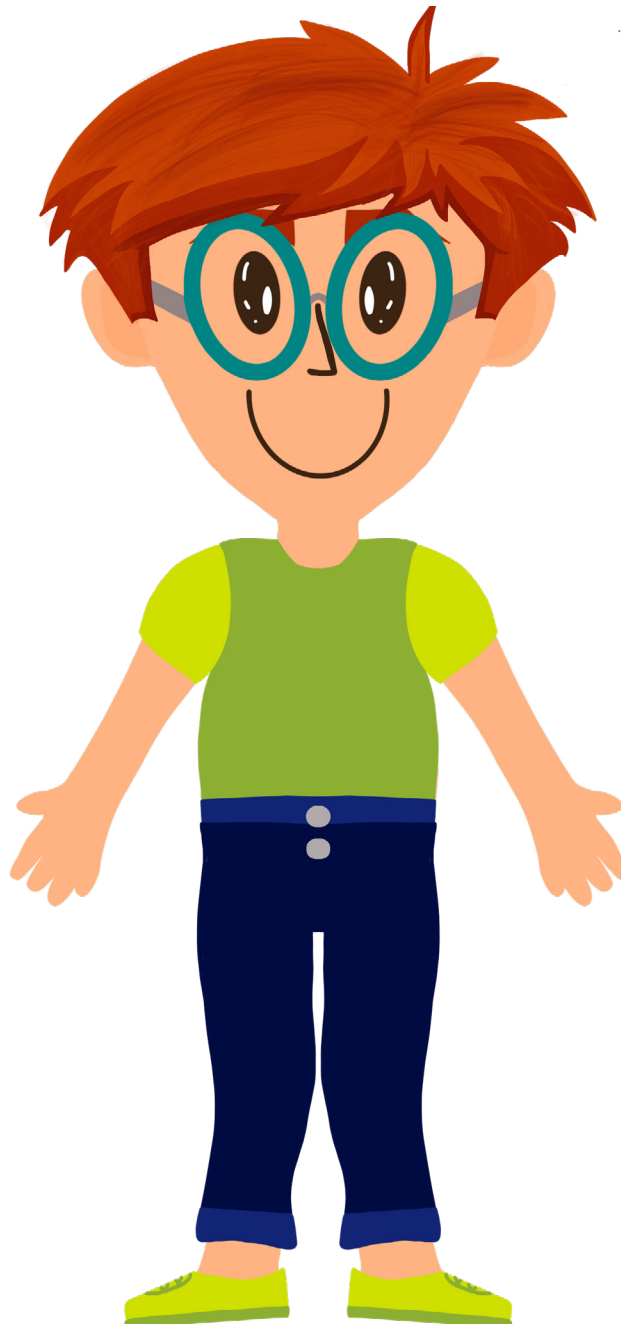
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