

Parent Activity

Journal time!

This activity is designed to help you **become more aware of your surroundings**. Sometimes the world around us is very busy and we don't take the time to look at the beauty that is right in front of us. This beauty includes **you**. The prompts for this week will help you slow down and take note of how you feel and what you notice around you.

Use the following three prompts to **write in your journal**. Feel free to use these prompts again in the future if you want to check in with your mind, body, and emotions. You'll find that your answers may change which is a sign of **growth**.



1. *Take a moment to think about how you are feeling right this second.* Can you describe your emotion(s)? How do you know you are feeling that emotion? How does it feel in your body?
2. *Take a step outside or look through a window in your house.* What do you see? What does it feel like? What do you hear? Are there any smells? Do you feel any different after taking a moment to observe your surroundings?
3. *Keep your journal next to your bed and challenge yourself to jot down how you are feeling when you wake up in the morning.* Did you have any dreams? If so, describe them; what feeling was associated with the dream? How do you feel about the day ahead of you?

Kids Activity

Journal time!

This activity is designed to help you **become more aware of your surroundings**. Sometimes the world around us is very busy and we don't take the time to look at the beauty that is right in front of us. This beauty includes **you!!** The prompts for this week will help you slow down and take note of how you feel and what you notice around you. Don't forget your five senses!

Use the following three prompts to **write in your journal**. Feel free to use these prompts again in the future. You may learn more about yourself the more you do this activity!



1. Take a walk outside and sit in one spot for 2 minutes, totally silent. Write down:

- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you feel
- 1 thing you taste

2. *Place your journal next to your bed before you fall asleep.*

First thing tomorrow morning when you wake up, take a moment to write about:

- Did you have any dreams? If you did, write down what you remember.
- How does your body feel?
- How do you feel about what you have planned for today?

3. *Answer the following questions at the end of this week:*

What were your initial worries this week? How did you overcome them? What surprised you this week? What's one thing you learned about yourself this week?