

Keep It Going... At Home

Keep Them Active and Healthy

Learning how to calm the mind is one way we teach children to be healthy. Here's one exercise you can do with your child:

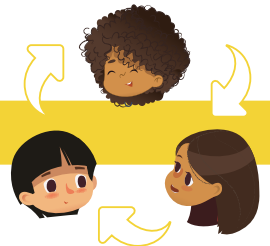
Sit comfortably and close your eyes. Take a few slow, deep breaths in and out of your nose. Notice the thoughts in your mind. Are you thinking about a lot of things? Imagine that your thoughts are pieces of dirt on your skin. Make believe it is starting to rain. Welcome the warm, gentle raindrops on your skin. Let them wash off the dirt. All your thoughts just trickle away. Now the bright sun comes out and dries you off. Slowly open your eyes... How do you feel?



Develop Their Emotional Well-being

When your child is upset, they may not be able to articulate their feelings with words. Instead they may show their feelings in less verbal ways such as crying. In these moments, model empathy by noticing your child's behavior ("I see you are crying."). Help them to identify the emotion they're experiencing ("Sometimes when a person cries, they are upset. Are you feeling upset?"). Assist them in uncovering the reason they are upset ("Let's try to figure out what happened to make you feel upset.").

Modeling empathy over time can help your child become more attuned to their own feelings and develop empathy for others.



Help Them Communicate

Growing your child's descriptive vocabulary is an ongoing process. One way to do so is to look at an object (such as an umbrella or a puddle) and use your senses to describe it. I see...I hear...I feel...I smell...Provide words for children to use so they can be more specific with their descriptions.



Explore Their World

In school, your child is encouraged to ask questions that begin with the phrase "I wonder..." When they ask you a question, you may not know the answer to, explore the answer together. Go to the library, look through books or other digital resources. Learn together!

