

Skills Sheet for Caregivers: Middle School

Mindfulness is the practice of paying attention on purpose to the present moment, without judging or trying to change your experience. The practice of mindfulness can help teens to increase their self-awareness, self-control, and attention. It can also reduce their emotional suffering and increase compassion for themselves and others. Practicing mindfulness allows teens to see reality more accurately and without judgement. Regular practice will help to foster an increased sense of well-being for your child.

Summary of **KEY POINTS** in the video.

- Mindfulness is an ongoing practice, just like daily physical exercise.
- There are three mindfulness skills to focus on with your teen:
 - Observe: Notice, without words, what is going on in the environment or in their body
 - Describe: Name what they notice using descriptive and non-judgmental language
 - Participate: Throw themselves fully into an activity or experience

Practice skills

- Model for your teen and schedule daily mindfulness activities for yourself. Invite your teen to participate with you when possible. Activities can include:
 - Take a mindful walk together. Encourage your teen to use all five of their senses to observe their environment, and then describe what they experience using non-judgmental language.
 - Practice paced belly breathing together. Every time the mind starts to wander to a thought, consider it an opportunity to practice mindfulness and bring your attention back to the breath.
 - Practice mindful eating at family meals. Rather than eating without thinking about it, encourage your teen to slow down, notice the colors, smells, taste, and textures of their food.
 - Put on some music and dance like no one is watching (or like you don't care if they are).
- Engage in mindful parenting. When you notice feeling stress when you are interacting with your teen, slow down and be. Be mindful of thoughts, urges, and sensations that arise. Take a deep breath and bring awareness to your breathing body. Observe how the breath naturally brings balance to your body. Proceed as you have shifted to having a more mindful response.

- Keep a gratitude journal, and encourage your teen to do the same. The mindfulness practice of bringing your attention to gratitude helps to increase compassion for yourself and others.
- It can be helpful to utilize mindfulness-based apps, including Headspace, Calm, Shine, and others, to provide different guided activities. You can encourage your teen to utilize these tools for their ongoing practice.

Start with this →

- When it comes to mindfulness practice, everything that is taught has to be lived. Encouraging your teen to be mindful starts with you creating your own mindfulness practice.
- Start by creating and holding space for your mindfulness practice, and protect five minutes each day to engage in a mindfulness exercise. Talk about your intention with your teen, and share with them your mindfulness practice.

On the next page there is an activity that you can share or even place somewhere in your house as a reminder to engage in mindfulness practice.



MINDFULNESS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Mindfulness Skills & Activities

The more you practice mindfulness the more it will help our mental muscles to have better focus, attention, and awareness. You can choose from many activities below to practice the skills of mindfulness.



Observe Skill



Describe Skill



Participate Fully Skill

Counting
Breaths

Paced belly
breathing

Listening to
music and paying
attention to one
instrument

Going for a walk
and naming what
you see

Mindfully
eating your
favorite food

Playing an
instrument

Journaling

Dancing

Using recommended apps to guide you:

- Calm
- Headspace
- Shine
- Mindfulness for Children
- Thrive for Alexa: Amazon
- Take a Chill
- OMG I Can Meditate