



CONNECTIONS

Parents & Caregivers

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LEARNING RESOURCE

Conscious Coping in the Time of COVID-19: A Creative Reflective Workbook

This PDF workbook can be downloaded at no cost (you do not have to enter an email or any information to access the workbook). It allows adults to take time for personal reflection about the impact of the coronavirus, self-care practices that may help during this time, and small ways to use mindfulness to create a better world around you right in this moment. The authors of the workbook encourage you to complete just one or two pages at a time, at your own pace, in any way that feels helpful. It can be printed if you would like to write/draw directly in the workbook, or you can respond to the questions on your own paper or in a notebook. This resource is also appropriate for older teens, and it could even be used as a family activity with kids in 5th grade and up as a way to discuss everyone's experience of current events. You may find that there are many differences in individual experience, but also some similarities!

[Click Here to Download the PDF](#)



MEDIA SPOTLIGHT

UCLA Mindful App

AVAILABLE FOR: APPLE, ANDROID
COST: FREE

This app was developed by the Mindful Awareness Research Center (MARC) at UCLA, whose mission is to educate the public about how mindful awareness practices can improve mental health and well-being. The app offers several recorded meditations for relaxation, ranging from 3-19 minutes long. A good starting point is the "Meditation for Working with Difficulties" recording (7 minutes). The app also includes a Getting Started guide to meditation, as well as podcasts on the topic of mindfulness.

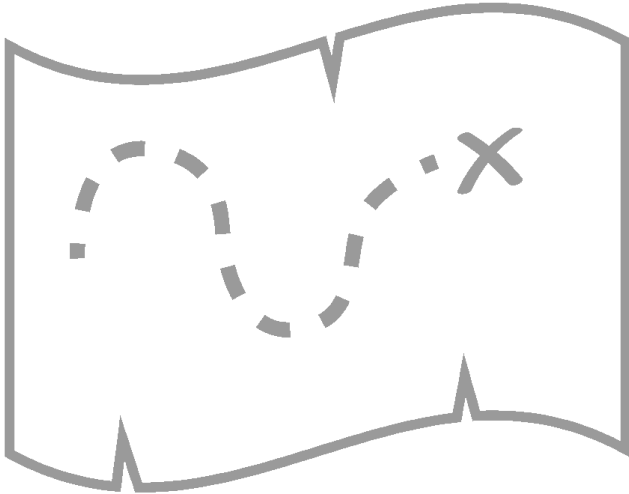



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FAMILY ACTIVITY

Mindfulness Treasure Hunt

One way to help reduce anxiety about recent events can be to bring our focus to the here-and-now through mindfulness, and it doesn't always have to use a serious approach. [This article](#) describes how to create a mindfulness treasure hunt, and these instructions may be particularly helpful for families with younger children.



However, there could be many variations on this activity, depending on your family's interests and the ages of children living with you. For older kids or teens, you could invite them to go with you on a 15-minute silent walk in your neighborhood, with the goal of noticing as many sensations as possible - what you hear, see, smell, and feel - and "collecting them." After the walk, make a list together of everything you noticed. Which of the sense categories was easiest to "collect," and which one took more practice? Were there some positive sensations and some negative ones? Which person in the family noticed sensations from all of the categories? If your family has a range of ages, you could assist

the older kids in designing and leading a mindfulness scavenger hunt in which older children hide small objects around the house and then help younger children find the objects using simple clues. Remember, the true object of the game is to have fun together while learning some amazing new powers of observation!

Getting Social

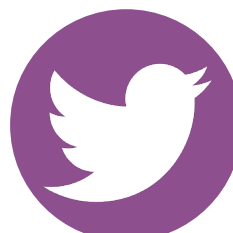
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