

MindUP™ For Parents

As a MindUP™ parent, once a day:

Resist the urge to immediately answer a question from your child. Really listen to both the informational and emotional content of the question. Savor time to reflect and develop a thoughtful response!

MindUP™ Family Activity Ideas:

Mindful Listening Fun—All Ages

- Make your own “shakers” using opaque containers and fill them with different mystery sounds.
- Sit quietly in a room or outside. Take turns naming different and new sounds you can hear.
- Play the “telephone” game with a group. Make the phrases to repeat an appropriate challenge for the age group.
- For older children, instruct them to mindfully breathe while “singing” their favorite song silently in their head.
- Listen to a song together and identify as many different instruments and voices as you can.

Mystery Sound or Scent

Listen to the mystery sound or smell the mystery scent. List some sensory details you notice and jot down any thing or person that sound or scent reminds you of. Now make a guess. Were you right? Fill in the name of the actual sound for scent when it is revealed.

Details I Notice	What it reminds me of	My Guess	Actual Sound or Scent
1)			
2)			

PARENT WORKBOOK ACTIVITY 3: Practice at Home! Mindful Seeing

Practicing Mindful Seeing

For this Mindful Seeing activity:

- Read and follow the instructions outlined in the Mindful Seeing Directions.
- Be aware of your individual experiences.
- Once you complete this activity think of ways you could introduce it to your children.
- Can you think of other Mindful Seeing activities?

Mindful Seeing Directions

Water and Food Coloring activity

- Put 2-4 drops of food coloring into a large vase filled with water.
- Periodically add another few drops of a different color and notice what happens.
- Watch the color as it moves and changes.
- Be aware of your individual experiences.
- How does this type of seeing was different from the way we usually see. How were you able or not able to stay focused on what you were seeing?
- Which important part of your brain needs to be calm in order to mindfully see?

Mindful Seeing

Training your child to observe visual details requires coming from a posture of curiosity and the discipline of really looking at something you think you've already seen. Regardless of how familiar we are with something, there is always more to see. "I've never noticed how bright the colors in that plate are. Have you?"

Parent Workbook Activity 3 :

MindUP™ For Parents

As a MindUP™ parent, once a day:

Stop and really see where you are, noting details, and how you are feeling at that moment.

Take a minute to stop and really see and observe your child at play or at work. Notice any details about his or her behaviors and expressions. Notice how you are feeling at that moment.

MindUP™ Family Activity Ideas:

Mindful Seeing Fun—All Ages

- Play "I Spy" – make the challenge of the object to find developmentally appropriate.
- Look at a picture or a piece of art. Make a list of what you notice, color, lines, and details, what feelings you have.
- Find a welcoming spot in your home. Take one minute to mindfully look at it. Turn away from the spot so you can no longer see it and for the next minute list as many details as you can remember about that spot.
- Make a family walk a lot more fun for a young child by going on a "Treasure Hunt." Encouraging her to look for treasures. These can be special leaves, rocks etc.
- For older kids, in pairs, face each other and mindfully notice what your partner looks like. Turn around so your backs are to each other, and then each person should change one thing about their appearance (pull up a sleeve, take one earring out, etc). When ready, turn back around to face each other. Whoever can correctly guess the change in their partner first wins.



PARENT WORKBOOK ACTIVITY 3: Practice at Home! Mindful Smelling

Practicing Mindful Smelling

For this Mindful Seeing activity:

- Read and follow the instructions outlined in the Mindful Seeing Directions.
- Be aware of your individual experiences.
- Once you complete this activity think of ways you could introduce it to your children.
- Can you think of other Mindful Seeing activities?

Mindful Smelling Directions

1. Collect three small jars and three cotton balls. Moisten each cotton ball with a different scent (essential oils, baking oils, other every day liquid scents, etc). Place each cotton ball in a different jar.
2. Try to identify each scent by smelling mindfully with your eyes closed.
3. Notice any thoughts or memories that surface while mindfully smelling.
4. Write the name of what you think each scent is on your “Mystery Sound/Scents” sheet (pg. 7).
5. Discuss with your family how this type of smelling is different from the way we usually smell and react. How were you able or not able to stay focused on individual scents?
6. Which important part of your brain is responsible for the recollection of memories associated with the different scents?

Mindful Smelling

The sense of smell is strongly linked with memory—the memory and smell centers in the brain are located near each other. In addition, different smells impact mood and energy level. Some stuffed animals are now coming with lavender in them to calm a child or help her sleep. How can you use a calming scent to help soothe your child?

MindUP™ Family Activity Ideas:

Mindful Seeing Fun—All Ages

- Make your own “mystery scents” using opaque containers and fill them cotton balls soaked with different scents- get creative with common household scents (check the fridge or the cupboard).
- List with your child the smells of each season.
- Discuss together 3-5 of your favorite scents and share the memories associated with each scent.
- Take a mindful smelling walk together. Choose a walking-friendly street in your town or city that has a variety of restaurants and shops. Stop and notice each new smell along the way. How does the bakery smell differently from the ice cream shop or the nearby park? How many different scents can you identify?