



# Family Wellness Resources



The following pages share some activities that you can explore and participate in with your family around the home that may help to improve wellness.

## Deep Breathing

### Why?

The goal of deep breathing exercises is to get yourself out of an excited, or anxious, 'fight or flight' mode and back to a restful, calm mode. Intentional deep breathing may have a positive effect on your body by reducing your heart rate and improving digestion. Deep breathing can be a good exercise before bed, because it may calm our bodies and our minds.

### How?

Deep breathing is most effective when our bellies are moving. When we breathe, if our bellies aren't moving it means we are only taking shallow breaths. Try laying back on the ground and putting a light object on your belly. When breathing, intentionally try and move the object up and down by breathing only.

To practise deep breathing with your children, draw a large square on a sheet of paper. Starting at a corner of the square, ask your child to slowly trace their finger around the outline. Using your own counting out loud as a guide, have them breathe in for 4 counts as they trace the first side of the square. For the next four counts and the next side of the square, have them hold that breath. When tracing the third side of the square, ask them to breathe out slowly for 4 counts. For the final side of the square, have them hold their breath for the last 4 counts. Continue tracing the square using this method until you feel your body begin to relax.



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## Practising Gratitude

### Why?

Practicing gratitude can be a helpful way to bring ourselves out of the anxieties of “what ifs?” and back into the reality of what we have around us. It may help us to stay present and stabilise our mood.

### How?

Practising gratitude can be very simple! Each morning, while eating breakfast, take a piece of paper and write down 3 things that you are grateful for. These can be anything you feel gratitude for in the moment, from having food on your plate, to having tastebuds so you can enjoy the food, or for the company of your family around you while you eat. As a wind down activity before bed, follow a similar process – what are 3 things that I was grateful of today? Hot water so that I could have a shower, a warm bed so I can listen to the rain on the roof in comfort, my teacher so that I could learn a new skill, etc. Write these down and keep them in a safe space so that you can come back to them whenever you feel yourself getting caught up in the “what ifs?”

The strength of practising gratitude can be magnified by sharing your gratitude with your family, and having them share their gratitude with you in turn. This can make gratitude a great mealtime activity!



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## Kimochi Soup

**Print a copy of the Kimochi Feelings Chart**

*(Found on the back page)*



**....and cut out each feeling, or, divide the feelings up between each family member, and draw and colour each one on separate small sheets of paper/card.**

**Use the feelings to create different 'soups':**

### • Pot Luck Soup

Place all the feelings in a basket or bowl. Each family member takes turn to take a feeling out, without looking at them. Talk together about how you can care for yourself and for each other when someone is feeling this. Is there a new idea or lesson you have learned from this 'recipe' that might help them with these particular feelings in the future.

### • Lockdown Soup

Place all the feelings on the table, and each family member chooses a feeling they have felt today, and talks about it. As you finish, look at the 'soup' for today; are there other feelings you would like to add to the soup?



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### Other wellness activities and resources:

There are many other activities that may promote wellness during this time in our lives. Below are a list of options in addition to the two exercises mentioned above that you may wish to complete your own research about and try:

- Daily devotions
- Mindfulness
- Labelling your feelings – ‘if you name it, you can tame it!’ – Kimochis are a great resource for this!
- Making plans and sticking to schedules
- Exercise and movement
- Engaging with friends and family, including via the telephone, email, or letter-writing.

This list is by no means exhaustive, and not every activity will work for everybody. These activities may not benefit everybody, and you should seek advice from a medical professional to see if these wellness-promoting activities are right for you and your family.



HAPPY



SAD



MAD



BRAVE



EMBARRASSED



FRIENDLY



SORRY



DISAPPOINTED



FRUSTRATED



SILLY



HOPEFUL



LEFT OUT



EXCITED



JEALOUS



CURIOUS



CRANKY



SENSITIVE



PROUD



INSECURE



GRATEFUL



LOVED



GUILTY



UNCOMFORTABLE



SHY



HURT



SURPRISED



SCARED



KIND