

Establishing Trust through Mindfulness

Youth & Children will...

1. Understand what is mindfulness and practice mindfulness techniques
2. Learn the difference between their upstairs and downstairs brain and how it affects their emotions, behaviors, and thoughts
3. Understand what habits lead to a healthy lifestyle and establishing a self care routine
4. Engage in nurturing strategies to promote resilience

In Today's Class We

We watched Wreck- It Ralph to describe why Ralph felt like a "bad guy", how his friends supported him, and his journey for self-acceptance. Then, in our resilience handbooks answered the question "What is Self Care?"

Activities To Do at Home

- Practice Trust Falls
- Create a "Yes" basket
- Consistent Praise and remind children they are LOVED and WANTED

What is healthy attachment?

<https://www.youtube.com/watch?v=nIhATiiM-Pw&t=1s>

