

Family Activity

MINDFUL MOVEMENT: CONNECTING BODY & MIND

As a family, discuss how often when we move, we do so mindlessly. We are more focused on where we are trying to get to or the thoughts spinning around in our heads. **When we move with mindfulness, it becomes a fantastic way to bring together movement of the body and focus of the mind.**

ACTIVITY IDEA: FAMILY WALKING MEDITATION

Set aside time to take a short walk together. As you walk, practice mindful movement by focusing on each step you take. **Remind yourselves that your body is moving, while your mind remains calm and present.**

Here are some ideas to help you focus:



Pay attention to **your breath** as you walk.



Notice how your **arms swing**, your **feet lift**, and your **knees bend**.



Focus on the sensation of your foot touching the ground: heel, ball, and toes.

After your walk, talk about how it felt. Did it help you feel more centered? Where else in your daily life could mindful movement be helpful?



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