

7 Simple Shifts



**HELP YOUR CHILD FIND MORE PEACE & JOY
(START TODAY!)**

1. **Be grateful!** What is something that makes your child happy? This can be a daily dinner conversation or your child can write or draw about this in a journal.
2. **Do something kind!** Helping others not only makes those people happy, but also brings the giver immense joy. This can be something as simple as making a card or picture for someone, or as complicated as cooking for a neighbor or helping them with yard work.
3. **Get outside!** Spending time in nature is good for the body and the soul. Bonus points for walking or hiking. If you can incorporate water such as a lake, even better. Be sure to observe the birds, flowers, etc, too.
4. **Take deep breaths!** Depending on the age of your child, you can make up silly breaths like bumblebee breath, blow on a pinwheel, or breathe through your nose for 5, hold for 5, breathe out for 5.
5. **Be creative!** This can be anything your child enjoys: draw, paint, dance, color, sew, sing, build... The idea is to feel the flow and focus on something other than whatever is stressful.
6. **Move your body!** Any kind of exercise is great! We all enjoy different types of movement. There is no right or wrong. Go for a walk, dance, climb, swing, run, play soccer...whatever is enjoyable. It's super important to have FUN.
7. **Laugh!** Remember learning how smiling is contagious? Laughter is too. Not only does it affect others, but it also makes the individual feel better on the inside. If you need inspiration, read a joke book or look some up online. Not only will they cheer you up now, but they are great to make friends smile, too.

Try as many as you can each day!