Dear parent, grandparent and carer,

I am delighted that you have discovered “Growing Mindful” set of cards. I once read that “attention is the most basic form of love” and, as a mum, I really feel that the most precious gift we can give our children is time and attention, which is not always that easy in our fast pace society.

Each activity (card) is an invitation to be curious, notice, have fun and spend a few minutes connecting with each other, sharing and developing self-awareness in a safe and non-judgemental environment. There is no right or wrong just exploration as if we were scientists conducting experiments on our beings.

*“Mindfulness means paying attention to what is (now) happening inside and outside of us with kindness and curiosity to things as they are.”*

Depending on what works for you, the time of the day, your child’s interest, you can adapt the activity if needed, be creative (there is a blank card in each category to create your own activity), open minded and in the moment. Keep it simple and let your child guide you if he has done it before. If you get distracted that is fine, gently come back to the activity. Be kind to yourself. Make time for a nurturing moment alone to replenish yourself and practise before sharing it with your child/children.

Repetition is key to have a positive impact on the neuroplasticity of the brain, to encourage and develop resilience through skills and strategies to deal with strong emotions, worries, negative thoughts…

Mindfulness can help your child’s ability to behaviourally and emotionally self-regulate, pay attention/focus, sooth oneself, cultivate a positive mind-set and develop compassion and empathy.

The cards are divided in 8 categories

Body – exploring sensations in the body and using the body to settle the mind

Breath - noticing the breath and using it as tool to self-regulate and a point of focus to concentrate.

Senses – sharpening/increasing sensory awareness and build concentration.

Stepping stones – setting a routine with Mindful activities and encouraging a reflective attitude

Emotions – developing awareness of emotions and learn to handle challenging ones.

Thoughts – cultivating awareness of thought and nurturing a flexible mindset to be more resilient

Heartfulness – exploring the quality of the heart and develop a growing sense of positive emotion/state/feeling like peace and happiness and compassion

Connections – cultivating empathy, cooperation and healthy relationship to benefit the community

Wishing you and your child/children many mindful and nurturing moments.

Nadège [nadege@growingmindful.co.uk](mailto:nadege@growingmindful.co.uk)

[www.growingmindful.co.uk](http://www.growingmindful.co.uk) <https://www.facebook.com/mindfulnessinDronfield01246/>