



**BUGK**  
*Online*

**HANDOUTS**



# Stop...Pause...Play



When we can relate to our children with mindful awareness we activate a part of the brain (the medial pre-frontal cortex) which allows our defensive systems to switch off, putting us in a more relaxed state and allowing us to think and act more rationally and to step outside our own experience so that we can **BE MORE PRESENT TO OUR CHILDREN'S NEEDS.**

This is an exercise that we will practice every week or use any time you need to take time out to calm down before you respond to whatever is going on.



## Stop

- Stop what you are doing.
- Make sure your feet are placed firmly on the ground.



## Pause

- Focus on your breath.
- Breathe in slowly, right down into your belly, then exhale completely.
- Take 5 more slow breaths, being aware of each breath in and each breath out.
- Smile and enjoy standing like this for a moment. Feel your body relax.
- Reflect. Ask yourself "What do I need?" and "What does my child need?"



## Play

Respond to your child with new understanding.



# Family Facts Bingo



# BINGO

Names

There are more females than males in our family.

We have twins in our family.

At least one of my parents came here from another country.

There is a baby in our family.

More than two generations of our family live in our house.

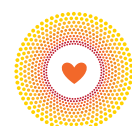
We have more than 3 children.

I am an only child.

Our pet is part of our family.

We have an adopted child in our family.

We have step children in our family.









# Mindfulness Bottle



Make your own Mindfulness Bottle. It can support you to be mindful and calm down when you or your children are overwhelmed with big feelings.

## Bring the following items:

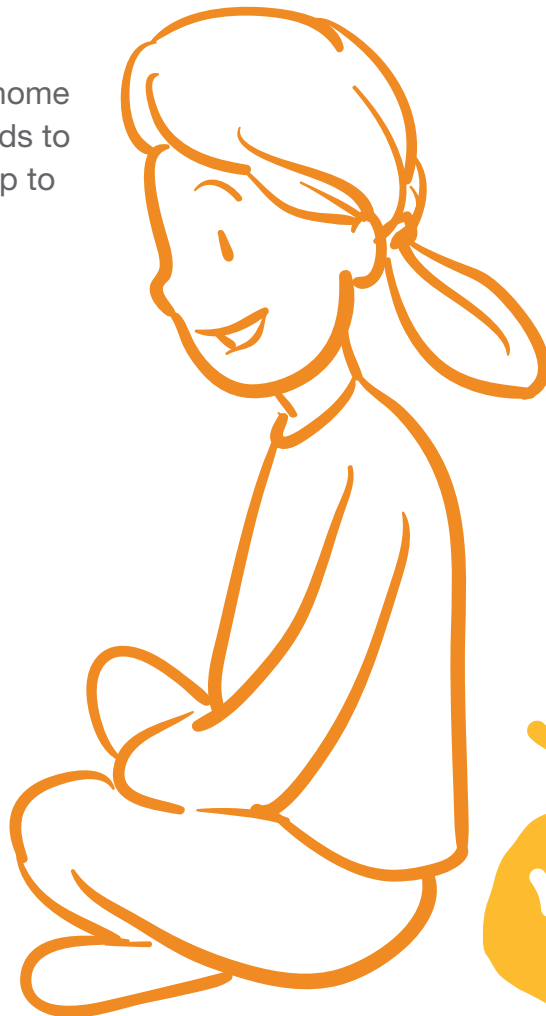
- An empty and clean transparent bottle
- Sparkles or glitter in three or four colors (the tinier the better)
- Glycerin
- Liquid soap

Fill three quarters of the bottle with warm water (not hot, just warm!). Add four drops of liquid soap. Fill the bottle almost to the top with glycerin. Put on the lid and shake the bottle and dissolve soap and glycerin in the water until you have a smooth liquid.

Now the water represents your calm state of mind. Add each color of sparkles or glitter being mindful about one of your feelings. Put the lid back on and your mindfulness bottle is ready.

When you shake the bottle, similar to when we are touched by big feelings, the water gets unclear and the different colors move in all directions and are inseparable and each unrecognisable from the other. As time goes and we are looking at the bottle (and breathing mindfully) the water gets more and more clear and sparkles/glitter settles down to the bottom.

You can use this bottle as a common tool at home with your family members. Anybody who needs to be mindful about their feelings and needs help to manage their big feelings can use the bottle!



# Pause on Positives



★ My favourite moment with my kids this week was...

★ One way that I stayed in touch with friends this week was...

★ One way I was kind to myself this week was...

One of life's secrets:  
Learn to pause  
Emerge positive

★ One person who supported me this week that I feel grateful for is...

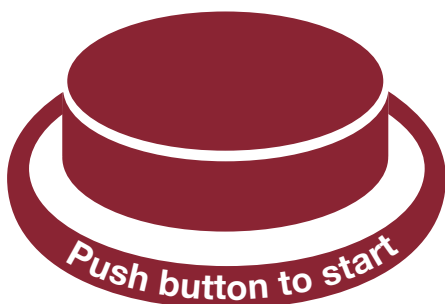
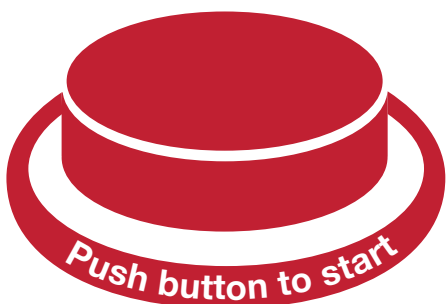
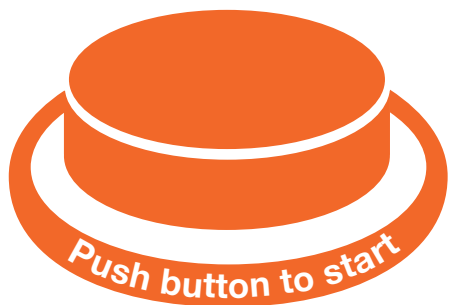
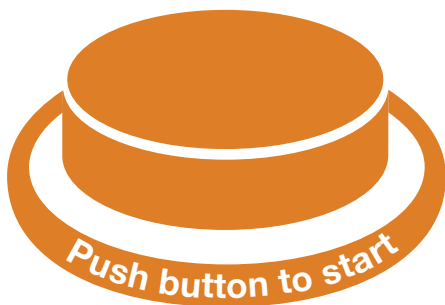
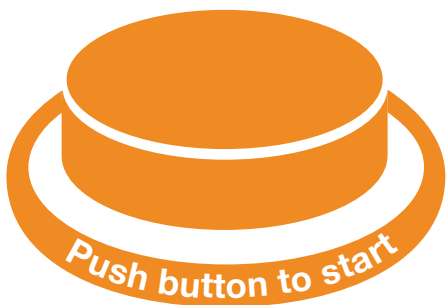
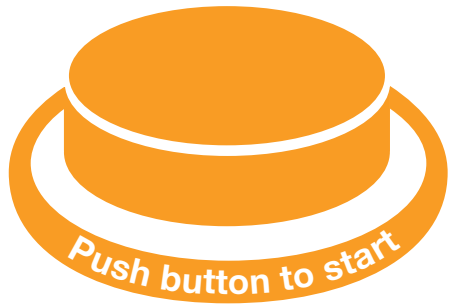
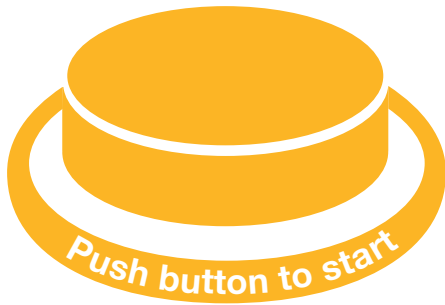
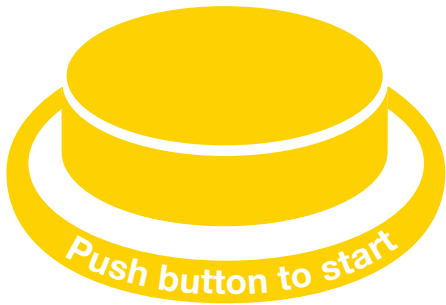
★ One way I could connect more with my kids next week is...

★ A simple pleasure I could treat myself to next week is...





# Pressing your buttons



# Self-care Prescription



Prescription (My self-care activity)	Dose (How long?)	Frequency				
		Daily	Weekly	Fortnightly	Monthly	Yearly
Call or visit a friend or family						
Practice breathing / muscle relaxation						
Walk, play sport or exercise						
Have a bath						
Read a book or magazine						
Have one-to-one time with your partner						
Watch a movie						
Listen or dance to music						
Write, paint or play an instrument						
Cook your favourite meal						
Go out for dinner						
Do some gardening						
See a counsellor						
Go away for a weekend						
Go on holiday						



Name: \_\_\_\_\_

Witnessed: \_\_\_\_\_

Displayed: 