

Incorporating Mindfulness in Staff and Family Spaces

Ideas for modeling mindfulness to our interactions with staff and families



Staff to Staff

Staff to Families

Day to day interactions

- **Ask questions** such as – “how are you feeling?”
- **Model mindful habits**, including
 - Take deep breaths to refresh or steady
 - Recognize and verbalize emotions
- **Take the time to slow down** and process intense days/moments

- **Ask questions** such as – “how are you and your family doing?”
- **Model mindful habits**, including deep breaths, verbalizing emotions, recognizing and processing intense days/moments
- **Recognize and praise** families when they set boundaries and prioritize family wellbeing

One on one check-ins

- **Offer spaces to slow down** during check-ins, opening the chance for the staff member to share if they want/need to
- **Observe co-worker behavior** to recognize their efforts and how they are showing up in program
- **Share mindfulness resources** for their personal or professional use, as a preventative or solution-based approach

- Use more **private family check-in** meetings to slow down and hold space for what they may be going through
- **Invite family members** (kids too!) to try a mindfulness exercise (like deep breaths or a silly, movement-based game)
- **Narrate child's behavior** to adult family members, whether in this meeting or in the past few days/weeks since the last check-in

Group meetings



- **Offer time to stretch** during program or a meeting, either giving someone a chance to lead the group or letting each do what they prefer!
- **Start program or staff meetings with a brief internal awareness practice** - such as a 3-minute breathing exercise, a 2-minute gratitude practice, or a 10-minute game involving movement. Any of these are grounding and help us feel refreshed for program or a meeting!
- **Seek mindfulness resources and training** for yourself, program staff, and families!

- **Use videos, guides, or guest presenters** to offer family mindfulness activities - such as this 2-minute guided breathing video [from Sesame Street in Communities "Count, Breath, Relax"](#) or yoga or meditation. Having a guest or video can set a fun and special tone for the opportunity.
- **Start family meetings with a brief internal awareness practice** - such as a 3-minute breathing exercise, a 2-minute gratitude practice, or a 10-minute game involving movement. Any of these can be grounding and may help families recenter!

Virtual options

- **Virtual events can incorporate these same exercises with certain adaptations** - such as having participants turn off their cameras to comfortably stretch or following breathing exercises. Videos can also serve as a visual guide for staff and/or families to follow along or use on their own.