

## Five-Minute Playful Focus for Kids in Unsettling Times

By Michele Lilyanna

Families around the world are experiencing difficult times. Remember, stress and anxiety are normal reactions to the events taking place today. Also, be aware that too much stress can hijack our ability to reason. When we are in the stress response, we move into fight or flight or freeze. So, together, let's invite our nervous system to settle down a bit so we can be more responsive vs. reactive in our homes and with our families over this challenging time.

Parents have been asking for centering **ideas to do with** their children. They want five-minute tiny, playful breaks. These little breaks throughout the day add up to many moments of regulating nervous systems, creating connection, and most of all regulating the family in a playful way.

5 minutes of playful mindful focus can:

- lower heart rate
- enhance cognitive functioning (including memory, concentration and performance)
- lower blood pressure
- improve emotion regulation and resilience while increasing self-awareness
- bring a sense of calmness and happiness
- return us to the moment
- increase connection

Here are a couple of little practices drawn from our book [\*Awakening Joy For Kids.\*](#)

## Watch Bugs Awakening Joy For Kids



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### **Bugs in the Garden**

My little students love watching bugs. They are always coming into class and yanking on my hand to take me to see a tiny creature in the school garden. Take time to watch a bug or butterfly. Sink into the sheer experience of *being present* to the life around you. My son Kieran had a pet slug for many days. We watched its slow movements and slime trails for ages.

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### Looking for a Color

This is a great game to play on a walk, at the park, or even in the living room. Get the mind to focus on one simple thing. This builds strengths of concentration.

Choose a color and see how it reveals itself. I have given out colored paint chips and had students search for the hue outdoors. It is amazing what they find.

Finally, here is a little gift for parents at the end of the day. An [audio recording](#) to relax you as you wind down to rest. Take deep care.

Michele

## Look for colours in your world.

Try to find these ones 💕💕



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