**Child Mental Health Week**

**Mindful Monday**

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| **On The Move** |
| **Balloon Breath**  Sit or stand up.  Imagine a balloon above your head as you fill your lungs with air and slowly let it out. |
| **Sensory** |
| **Yoga**  Start the week off perfectly positioned.  [Yoga for Kids and Babies: Why and How to Start (with Photo Tutorials) (mamaandbabylove.com)](https://mamaandbabylove.com/yoga-for-babies-kids/) |
| **Art and Creativity** |
| **The More We Get Together**  Have fun singing this “happy” song with your toddler.  The More We Get Together The more we get together, Together, together, The more we get together, the happier we'll be. Because your friends are my friends, And my friends are your friends. The more we get together, the happier we'll be |
| **Story Time** |
| **I Am Peace**  Learn what mindfulness means and find new ways to stay calm.  Read Aloud: <https://www.youtube.com/watch?v=hXA3837uv3w> |
| **Adventures Online** |
| [If You’re Happy](https://www.youtube.com/watch?v=l4WNrvVjiTw&list=RDQMuHtDtqiFYYM&index=24)  It’s never too early to talk to your child about emotions. Identifying our many different emotions and ways they make us feel. |