

# SELF CARE FOR THE CAREGIVER

**Mindfulness Practices for teachers of the young**



**“When traveling with small children put the oxygen on yourself first to better help the child”**

## INTRODUCTION ACTIVITY

- Form a circle
- Mentally choose two other people in the circle without letting them know.
- Move yourself to form an equilateral triangle with the other two people. (Do not let the other two people know you are using them in your triangle.)

## DEBRIEF

What did you notice?

What did you discover?

What do you wonder?

## JUST BREATH

- The anchor of Mindfulness
- Breath from the diaphragm, it engages the vega nerve and sends signals to the calming center of the brain.
- Slow and controlled (count of 3 inhale, count of 3 exhale)

If it's the only thing you have time for...

BREATH

## BREATHING PRACTICE ACTIVITIES

- **Feel it** - with your hand slightly below your belly button, feel the diaphragm expand on the inhale.
- **Control it** - blow the cotton ball across your hand without it falling off. Then blow the cotton ball to a partner's hand.
- **Notice it** - take a moment and breath normally, notice your normal breath. Now take 3 deliberate deep "Belly Breaths", notice how that feels

## BEING SELF AWARE

- How do you feel stress and anxiety?
- Where do you feel stress and anxiety?
- Learn to isolate those areas and relax them on the exhale.
- Can you identify yourself becoming anxious? What do you notice? Tensing? Quickness, or short of breath?
- What do you notice when you are calm? Relaxing of face, control of breath and heart rate.

## BODY SCAN ACTIVITY

- Become aware of what areas are tense or sore
- Sit comfortably in your seat.
- If you are comfortable you may close your eyes, or looking down is fine. Whatever is comfortable.

## BODY SCAN ACTIVITY



<https://youtu.be/1ZP-TMr984s>

## "REMINDFUL"

- In your busy day what can remind you to “check in”
- How am I feeling at this moment? In control? Stressed?
- What visual can trigger yourself for a emotional “check in”
- Reflect on what makes you; happy, smile or relax.
- Do you have a special;place, collectible, image?
- Make a representation of that thought.
- Place it in your space that you will see it often.

## CREATE A "REMINDFUL"

- Using the cards provided, Draw a picture or write it down to remind you what you are going to use as your "Remindful"



Example: The Plumeria  
I love the fragrance, the crispness of the look of the flower and that it comes from Hawaii a place that holds special happy memories.

## JUST FOR ME, TIME

- Mindful Walking - take each step with a foot stretch
- Chair Massage - using a tennis ball
- Foot Massage - at your desk in a chair
- Scent for a Second - preferred scent in a lotion or hand wash, breath in the scent as you rub hands thoughtfully.

With all of these... use encouraging "self-talk" and BREATH

## ADDITIONAL RESOURCES



<https://youtu.be/9A0S54yAgEg>



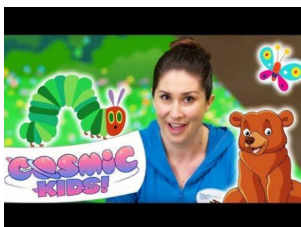
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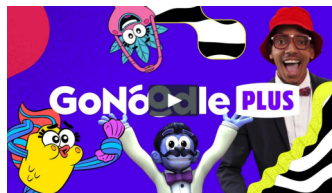
## GREAT SITES

Cosmic Kids



[youtube.com/watch?v=qr1-RiuS7pw](https://www.youtube.com/watch?v=qr1-RiuS7pw)

GoNoodle



[gonoodle.com](https://www.gonoodle.com)

Mind Yeti



<https://www.youtube.com/watch?v=gclX-iVDfCc>