

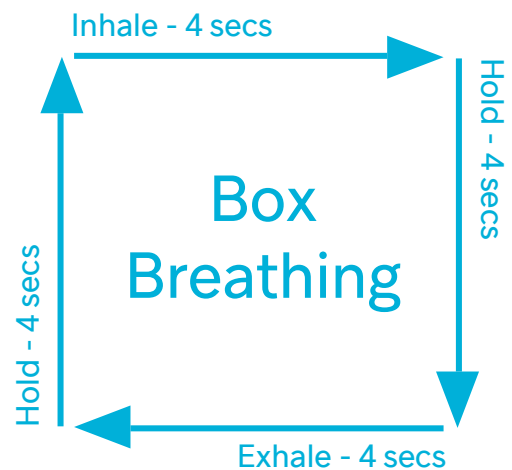
Mindful family resource kit

Stress busting Bingo

Give the next person a hug	Shake it out	Recall a funny memory
Air boxing for 30 seconds	Squeeze and twist a towel	Drum roll on the table for 10 seconds
Complete a puzzle (e.g. sudoku, crossword) together	Act out how I feel with body movements	Listen & sing our family's favourite song

Breathing together

Nominate a family member to be your breathing guide and following one of the following technique.



4-7-8 Breathing
technique for anxiety

Breathe in

4

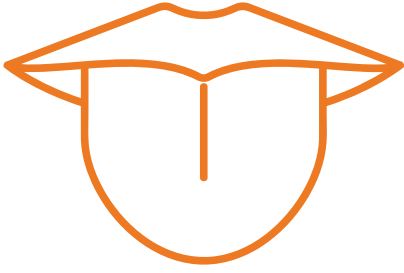
Hold

7

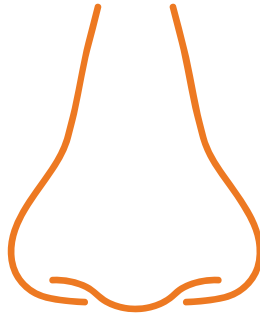
Exhale

8

12345 calming exercise



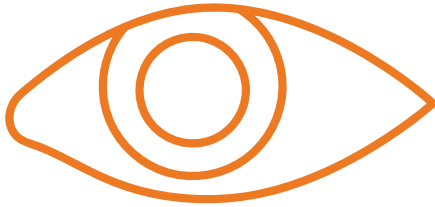
Name 1
thing you can taste



Name 2
things you can smell



Name 3
things you can hear



Name 4
things you can see



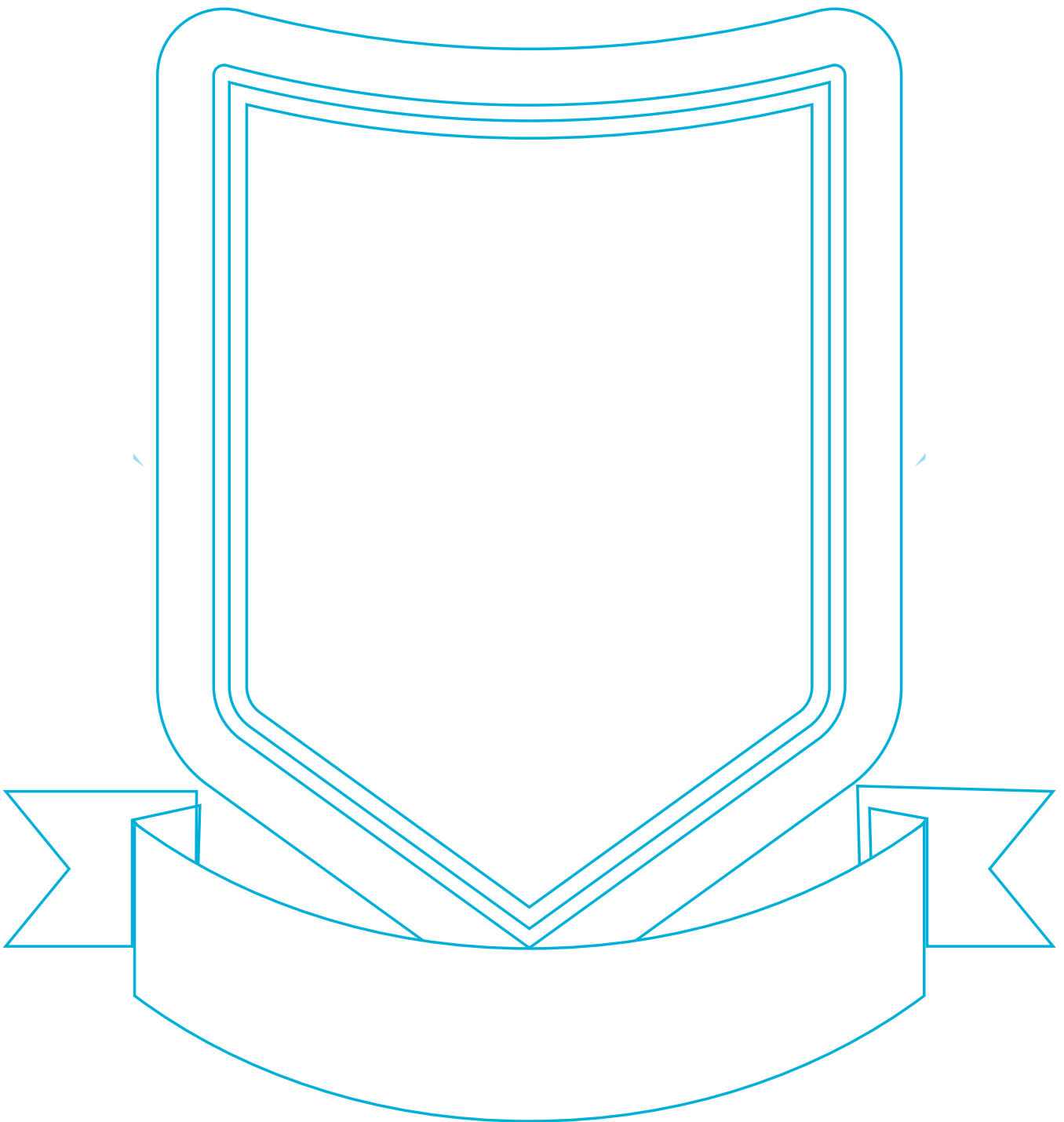
Name 5
things you can feel

Take turn completing the following sentences

1. I am proud of _____ because _____.
2. When I am _____ (happy/ sad/ angry/ excited etc.), I like to _____.
3. I feel good when _____.
4. People who gets me know that I _____.
5. My biggest wish is _____.
6. When I am feeling _____ (angry/ sad/ frustrated etc.), people can help me by _____.
7. My favourite time of the day is _____ because _____.
8. My favourite place to be is _____ because _____.

Create a family crest

Design a family crest using each family member's favourite colour, motto, strengths as well as your family's values.



Tree of life

This activity helps us identify supportive resources around us and remind us of our strengths.

Step 1: Each family member can create their own tree.

Step 2: Display your trees together to form a forest.

Step 3: Discuss what storms your family is facing and how you can use your strengths to overcome the difficulties.

Leaves: Important others and role models in your life (e.g. family, friends, heroes & pets).

Branches: Your hopes, dreams, plans and goals for the future.

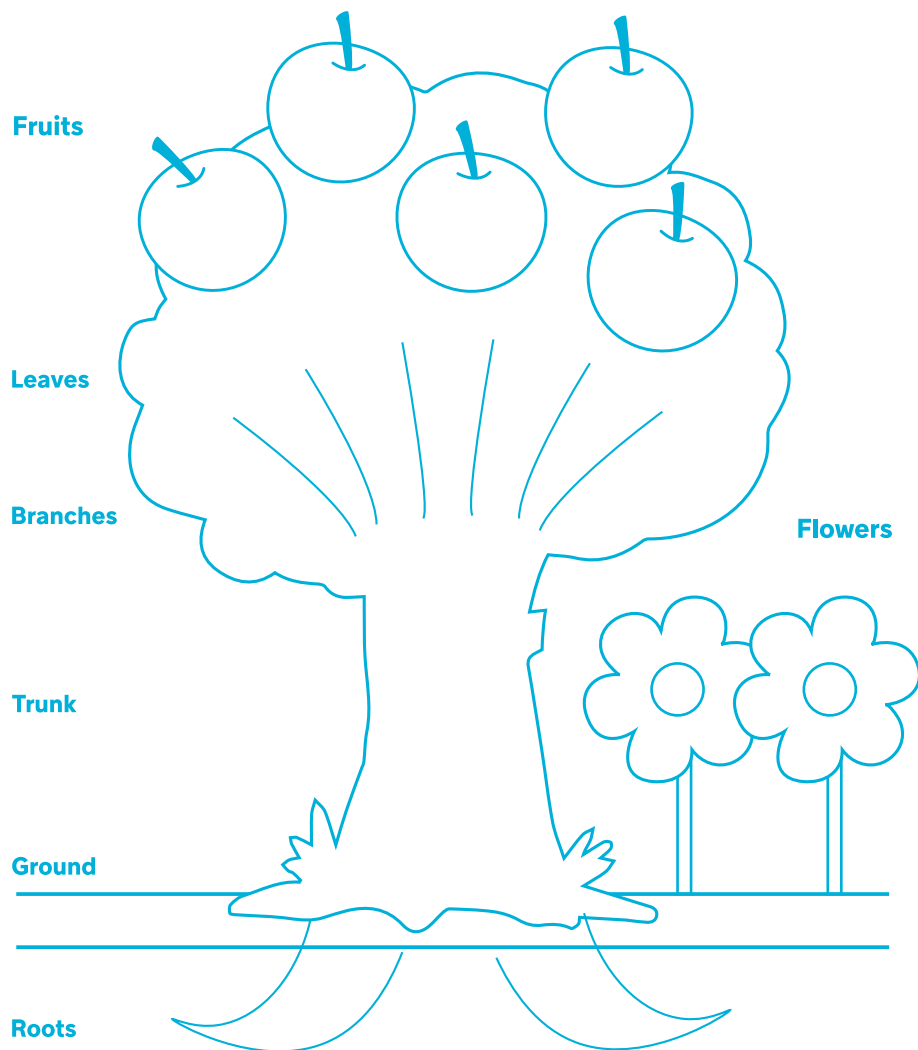
Trunk: Your skills, abilities and talents. As well as your values.

Ground: The things you choose to do on a regular basis (e.g. interests and hobbies).

Roots: Where you come from - to do with your family history, your past, culture, and key influences.

Fruits: Gifts given to you/ acts of kindness from others to you (e.g. My sister helped me with cooking)

Flowers: Gifts you gave to others/ acts of kindness you demonstrated to others (e.g. I helped grandma to use the phone)



Comic or song featuring your family's story

Create a comic or a song featuring your family's story.
Below is a list of sections you might like to include.

**Who's in
this story?**

**What do
they
want to
achieve?**

**What are
the
challenges?**

**Who and
what are
there
to help?**

**How do they
overcome
the challenges**

**How does
the story
end?**



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