

Basics of Mindfulness

Mindfulness is "the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment", which can be trained by daily practice. Breath work or conscious breathing is a tool you can quickly incorporate into your day-to-day life in order to improve the way you experience yourself, others and the world. In learning and practicing mindfulness you will empower yourself and your family.

Brain Gym® (including Tapping): Brain gym is a set of movements, processes, programs, materials, and educational philosophy that help us to move with intention which can lead to optimal learning. Brain Gym® movements, exercises, or activities, bring about dramatic improvements in areas such as:

- Concentration and Focus
- Memory
- Academics: reading, writing, math, test taking
- Physical coordination
- Relationships
- Self-responsibility
- Organization skills
- Attitude

Brain Gym:

PACE:

1. Drink water for enhanced electrical activity in the brain/body and to help with focus
2. Brain Buttons to stimulate key energy spot under the collar bone (27th acupuncture spot on Kidney Meridian).
3. Cross Crawl: An exercise to simulate the flow of energy between both brain hemispheres and both sides of the body. If done slowly it stimulates the vestibular system and creates the neurotransmitter called dopamine which will help with focus.
4. Hook Up: enhance a positive attitude and balanced energy between top and bottom, side to side and front to back of the body while inhaling and exhaling (connects the central and governing meridians).

Tapping: EFT ([Emotional Freedom Techniques](#)) is a powerful, easy to learn energy technique that is easy to learn, and works quickly and painlessly, allowing one to feel calm and focused. When doing EFT, we use many of the same meridians or energy sensitive areas on the skin as with traditional [acupuncture](#). However, instead of using needles, we activate these spots by gently tapping on them with our fingertips while focusing on a particular emotion, problem or issue we wish to resolve or release.

EFT Shortcut

Tapping Points

- First 'tapping' point – Use three or four fingers and tap between the eyebrows.
- Second point – Use two fingers of both hands and tap on the temple.
- Third point - Use two fingers of both hands and tap on the bony part under both eyes.
- Fourth point – Use two fingers of both hands and tap under the nose and under the mouth.
- Fifth point – Use two fingers of one hand and tap on top of the head.

- Sixth point – Massage the outside of both ears.
- Seventh point – Use a closed fist to the chest just below and to the left of the throat for the collarbone spot. Can cross arms and tap both sides.
- Eighth point – Tap under both arms. This is like giving yourself a hug. Wrap arms around your body and pat under both arms about a palm width below the armpit.
- Ninth point - Tap the inside of each finger tip with the opposite finger on both hands.

Helpful Websites/Books

Mindful Parenting Course (Foundations of Mindful Parenting): <https://mindfullifetoday.com/foundations-mindful-parenting-course/ref/4/?campaign=foundationsMP> (foundations of mindful parenting)

Brain Poster (Scholastic):

http://teacher.scholastic.com/products/mindup/pdfs/MindUP_K-2_Sample_Poster.pdf

Dan Harris; Mindfulness is a SUPERPOWER: <https://youtu.be/w6T02g5hnT4>

Soul Pancake Gratitude Video: <https://www.youtube.com/watch?v=oHv6vTKD6lg>

Hulk Video

[:https://video.search.yahoo.com/search/video?fr=tightropetb&p=hulk+and+trama+video#id=1&vid=c6846eab31676d43e999eb07e7b26d59&action=click](https://video.search.yahoo.com/search/video?fr=tightropetb&p=hulk+and+trama+video#id=1&vid=c6846eab31676d43e999eb07e7b26d59&action=click)

Psychologytoday.com: Is screen time making kids moody, crazy, and-lazy?

<https://www.psychologytoday.com/us/blog/mental-wealth/201508/screentime-is-making-kids-moody-crazy-and-lazy>

Evening Screentime <https://www.cbsnews.com/video/new-study-links-phone-use-and-mental-health-issues-in-teens/>

Integration Concepts: <http://www.integrationconcepts.net/breaththerapy.htm>

Brain Gym: <http://www.braingym.org/>

Luminosity: <http://www.lumosity.com/app/v5/personalization/memory>

Movement Based Learning: <http://www.movementbasedlearning.com/>

Ball A Vis X: <http://www.bal-a-vis-x.com/about.htm>

EFT (emotional freedom technique): <http://www.eftuniverse.com/>

Association for Comprehensive Energy Psychology: www.energypsych.org/

LeBron James on Mindfulness: <https://www.smartbrief.com/original/2020/01/leading-lebron-james>

Books that you may enjoy:

Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World, By Kristen Race

A Whole New Mind by Daniel H. Pink

The Brain That Changes Itself by Norman Doidge, MD

Smart but Scattered by Peg Dawson, Ed. And Richard Guare, Phd

You're Smarter than You Think: A Kid's Guide to Multiple Intelligence by Thomas Armstrong Ph.D.

Parenting without Power Struggles: Raising Joyful Resilient Kids While Staying Cool, Calm and Connected by Susan Stiffelman

At Wits End: A Parent's Guide to Ending the Struggle, Tears, and Turmoil of Learning Disabilities by Jull Stowell.

Rethinking Homework: Best Practices That Support Diverse Needs by Cathy Vatterott

Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress and Helping Children Thrive by Mark Bertin, MD and Ari Tuckman PsyD

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson

Parenting in the Present Moment: How to stay Focus on What Really Matters by Carla Naumburg
The Mindful Child: How to help your kid manage stress and become Happier, kinder and More Companionate by Susan Kaiser Greenland.