

# Southeast Alaska Parent Tips

## ~Preschooler~

### Mindfulness Tip of the Day

#### Special Star

Imagine together a special star in the night sky that helps relax your bodies and quiet your minds. Lie down or sit comfortably with your eyes closed. Breath in and out normally. Imagine that there is a star in the sky just for you. It can look like anything and it can be any color, any material, and can change from moment to moment. But it is always there.

Feel the star's warmth on your forehead and feel your forehead relax, and all your stress and strain of the day fade. Let the warmth of your star's light travel down your body.



Source: Mindful Games: Activity Cards, by Susan Kaiser Greenland with Annaka Harris

### Taking Care of You!

On a single piece of paper, write down 3 things that are weighing on you, stressing you, or bothering you; put a dash after each one with a single action-step that may help relieve it.



Source: <https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>



### Daily Activity

#### Telling tales



By sharing family stories, you will reinforce an understanding of family and how things are similar or different from generation to generation. This provides a building block for studying social studies.



Source: <https://www.greatschools.org/gk/articles/kindergarten-learning-games-activities/>

### Read with Me!

Engage child in activities where they are listen to stories together, allowing time for discussion and interaction with storyteller or person reading the book after.



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-36-60-months/>

**seaeyc**

Southeast Alaska Association for  
the Education of Young Children



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Alaska's Early Childhood Investment

**PARTNERSHIPS**  
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thread

**United Way**  
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