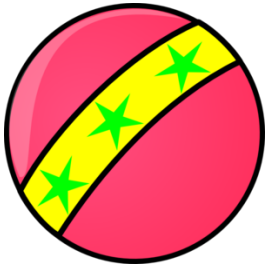


Southeast Alaska Parent Tips

~Toddlers~

Mindfulness Tip of the Day

This is a simple activity that helps connect feelings and thoughts to our bodies quickly. We roll a ball back and forth and quickly name an emotion and a physical sensation that we're feeling right now.



This game can be played with players sitting across from each other or as a group sitting in the circle. Take turns rolling the ball to everyone calling out one thing that they are feeling in their mind and one thing they are feeling in their bodies.

Example: "My mind feels happy, and my body feels relaxed" or "My mind feels nervous, and my body feels stiff."

A great way to check in not only with yourself but also with your child.

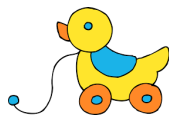
Source: Mindful Games: Activity Cards, by Susan Kaiser Greenland with Annaka Harris

Taking Care of You!

Try writing a gratitude journal! Studies show people who keep gratitude journals sleep longer and experience higher quality sleep (something every parent could use). The best part is, writing in a gratitude journal only takes a few minutes of your time and it doesn't cost you any money. Before you go to sleep, jot down three things you're thankful for. Your list might include simple things, like a sunny day, or it may include big things, like being able to get a debt paid off. Either way, simply reminding yourself of the things you have to be grateful for can help you feel good about life.

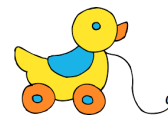


Source: <https://www.verywellfamily.com/self-care-for-parents-4178010>



Daily Activity

Sensory Bins



Try making an ocean sensory bin. Use a storage container and fill it with water. Add aquatic toy animals, shells, sand, anything you can think off. It is completely up to you what you include. Talk about ocean animals and why certain animals live in the water and others do not.

Source: <https://funlearningforkids.com/sand-water-ocean-sensory-bin/>

Read with Me!

Point out common signs when walking in neighborhood. Engage your child in pointing out letters and words in the environment (street names, billboards, signs, printed material).



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-18-36-months/>

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Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment

PARTNERSHIPS
for families & children

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United Way
United Way of Southeast Alaska
Partner Agency