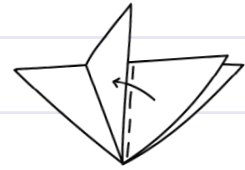




What you'll need:

- Time together as a family.
- Pencils.
- Paper.
- Device.



What to do:

- 1 Come together as a family and remind everyone that some activities are only mindful if we intentionally make them so. For example, colouring or doing a craft activity at the same time as chatting or watching TV isn't letting our minds rest and be fully present.
- 2 Talk about how creative tools, such as origami, serve as a reminder to disconnect from our thoughts and be present. This is because it requires a great deal of focus and attention to detail to fold the paper in a way that creates whatever we're trying to create.
- 3 Find a video tutorial or a free PDF guide online to make an origami creation together. Work silently to create the origami creation, considering the following prompts to help stay focused on the task:
 - ★ Consider the sensation of the paper in your hand. How does it feel in your hand?
 - ★ Which muscles are you using to hold and fold the paper?
 - ★ How does the paper feel against your skin? How do the folds feel? Are they soft and smooth, or bumpy and raised?
 - ★ As you fold, notice how you feel. Are you feeling focused, or are your thoughts wandering? Gently bring them back to your origami.
- 4 Once everyone has completed their origami creations, reflect on the following: Did you find this strategy a helpful way to be mindful? Why or why not?

