

MINDFUL MINDS

PARENT TAKE-HOME GUIDE | AGES 7-12



Davenport
Psychology

WEEK 1: ATTENTION TRAINING

The goal of mindfulness isn't to stay perfectly focused - it is to notice when our attention has wandered and gently bring it back.

WHAT WE LEARNED



Today we learned that everyone's attention wanders. The goal of mindfulness isn't to stay perfectly focused - it is to notice when our attention has wandered and gently bring it back.

WHY IT MATTERS



Attention is like a muscle. Every time children notice distraction and intentionally refocus, they strengthen skills related to attention, self-regulation, and executive functioning.

TRY THIS AT HOME

Choose one activity each day.



Read for five minutes with no distractions.



Complete a puzzle



Draw quietly.



Build with LEGO.



Notice 10 things. Sit outside and find ten things you've never noticed before.

REFLECTION QUESTIONS



What distracted you?

How did you notice?

What helped you come back?

FAMILY CHALLENGE

Practice one minute of quiet breathing together each evening.

