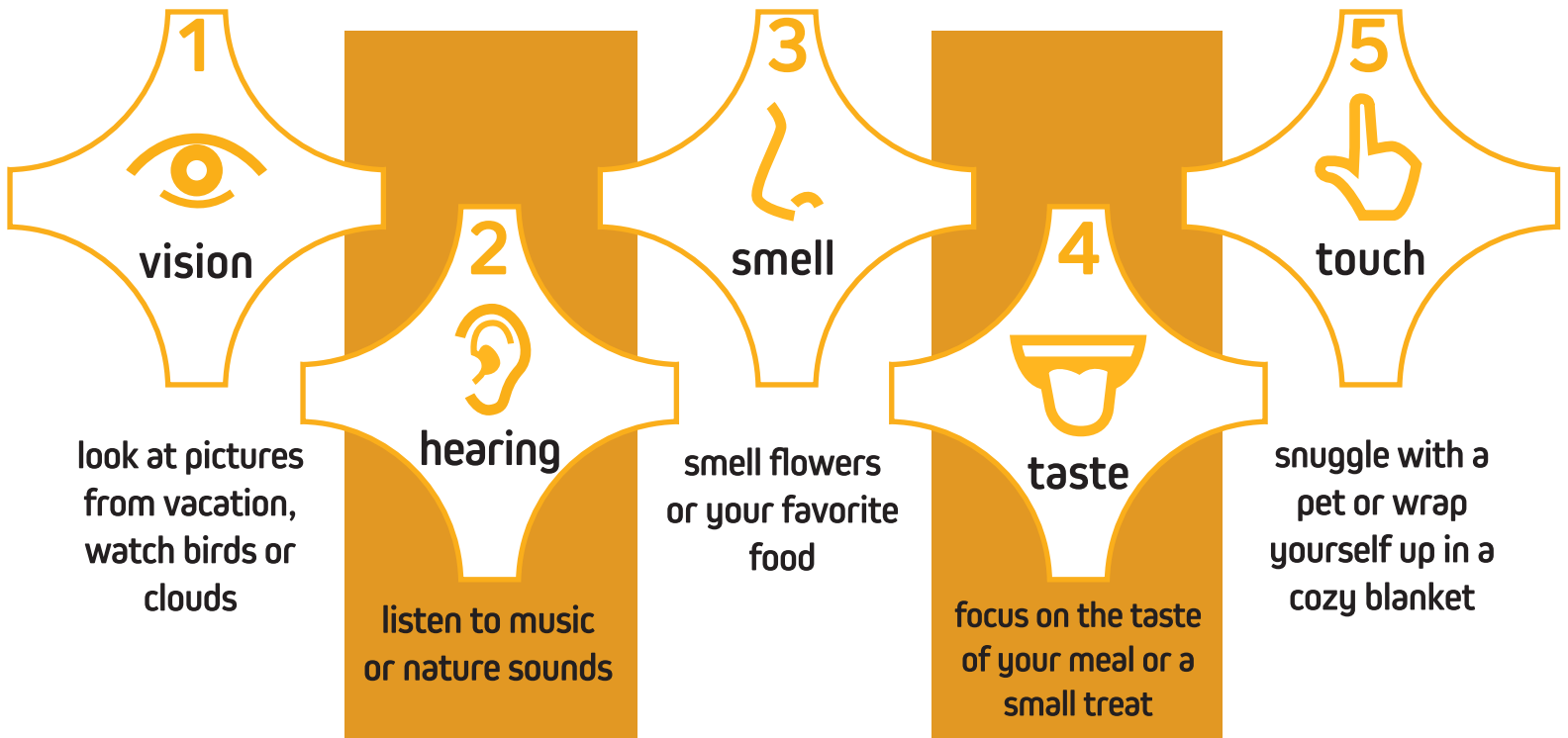


# MINDHACKS

## Tips for Kids!

**Self-soothe** helps us cope with difficult situations by using our **5 senses**. After watching the MindHacks video take time to **write down two self-soothe ideas** for each sense. Share your lists as a family and hang them up to know what to do when you feel upset.



Here are some ideas to practice self-soothing & mindfulness while maintaining social distancing

- Play a game together with no other distractions; TV, smartphones, etc.
- Take a walk and focus on your senses; what do you see and hear?
- Play hide and seek
- Ride a bike
- Try Yoga!
- Bake Cookies
- Check out an online museum

[EmbracePittsburgh.org/MindHacks](https://EmbracePittsburgh.org/MindHacks)

