

## Parent Education Resource Package for Primary Schools

### What to do when stressed out? How to cope with parental stress?

#### Parent-child Activity

##### Mindfulness Exercises (Part 1)

**Objective:** To help parents and children calm their minds and relax their bodies through body scan meditation.

**Instructions:**

Body scan meditation is a common relaxation skill. When the body is stressed, it will send out special signals to help us pay attention to our mental state. Body scan meditation exercise can help parents become more aware of these signals and enhance parents' ability to relax their bodies and cope with stress. While doing body scan meditation exercise, parents will shift their attention slowly from their feet to their head like they are performing a body scan.

During this process, parents will pay close attention to the condition of different parts of the body and relax their tense muscles. Parents can click the following [link](#) (Chinese Version Only) or scan the QR code on the right to play a voice-navigated body scan meditation video prepared by the Student Health Service, Department of Health.



After completing the exercise, parents and children can discuss the following questions:

1. How did you feel before the body scan meditation exercise?
2. How did you feel after the body scan meditation exercise?
3. What situations in life can you use the body scan meditation to face?

## Mindfulness Exercises (Part 2)

**Objective:** To try other mindfulness exercises and help parents and children calm their minds and relax their bodies.

### Instructions:

Mindfulness refers to the state when we focus our attention in the present and do one thing wholeheartedly. Mindfulness can be practised through various activities in daily life. Parents can click the following [link](#) or scan the QR code on the right to watch a short video: Mindful Exercises by the Centre for Child and Family Science of The Education University of Hong Kong. Parents and children will participate in two activities: mindful walking and mindful eating. Focus your attention in the present moment and observe your current thoughts and feelings with curiosity and without criticism.



When engaging in **mindful walking**, parents and children can pay attention to the following:

1. What objects did you see along the way? What do they look like?
2. Touch the objects with your hands. What is the texture like?
3. Take a deep breath. What could you smell? What do they smell like?
4. What sounds could you hear? What do they sound like?
5. How did your toes, ankles and soles feel while walking?

When engaging in **mindful eating**, parents and children can pay attention to the following:

1. Observe the food with your eyes. What is the color, shape, and texture of the food?
2. Touch the food with your hands. What is the texture like?
3. Take a deep breath. What could you smell? What do they smell like?
4. Put the food in your mouth but did not chew or swallow it immediately. What does it taste like?
5. What sounds could you hear when you were eating? What do they sound like?

After completing the exercise, parents and children can discuss the following questions:

1. How did you feel during the mindful exercise?

2. How did you feel after the mindful exercise?
3. What difficulties would you have if you want to incorporate mindful exercises into your daily routine?