



Family Mindfulness Schedule Worksheet

Family Mindfulness Schedule" worksheet can help families incorporate mindfulness practices into their daily routine, fostering a sense of calm, connection, and well-being for all members.

Set Your Family's Mindfulness Goals

What do you want to achieve as a family through mindfulness this week?

Examples: Reduce stress, improve focus, connect more, have fun together, etc.

Choose Your Mindfulness Activities

Pick a few activities to practice together. Choose from the list below or come up with your own:

Activity Ideas:

Mindful Breathing: Spend 5 minutes together focusing on deep, slow breaths.

Gratitude Circle: Each family member shares one thing they're grateful for.

Mindful Eating: Enjoy a meal or snack slowly, noticing the flavors and textures.

Body Scan: Lie down together and take turns guiding a body scan.

Nature Walk: Take a walk outside, focusing on the sights, sounds, and smells.

Mindful Listening: Sit quietly and listen to the sounds around you for a few minutes.

Mindful Coloring: Spend time coloring together in silence, focusing on the colors and patterns.



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Our Chosen Activities

Create Your Weekly Schedule

Decide when you will practice each activity. Aim for at least 3-4 times during the week.

Day	Activity	Time

At the end of the week, take time to reflect on your mindfulness practices.



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