

MINDFULNESS CHEAT SHEET

choosing connection over control

1. Breath Pause

"Let's take 3 breaths together."

Improves parent self-regulation
& reduces reactive outbursts

1. Notice tension
2. Inhale, feel your body
3. Name your feeling
4. Exhale and choose response

Reduces amygdala activation &
engages prefrontal cortex
(Siegel, 2012)

2. Name It to Tame It

"I'm feeling really frustrated
right now."

Increases emotional awareness
and models regulation for kids

1. Pause
2. Say your emotion out loud

Naming emotions activates
regulatory brain regions
(Lieberman et al., 2007)

3. Ground with the 5 Senses

"Let's find 5 things we can see."

Improves parent self-regulation
& reduces reactive outbursts

1. Pause
2. Name 5 things you see, 4
touch, 3 hear, 2 smell, 1 taste

Sensory grounding reduces anxiety
and increases present-moment
awareness (Bazzano et al., 2015)

4. Mirror and Validate

"You're really mad I said no.
That makes sense."

Improves parent self-regulation
& reduces reactive outbursts

1. Listen to your child
2. Repeat back what they said
with empathy

Validation builds trust, reduces
defiance (Shenk & Fruzzetti, 2011)