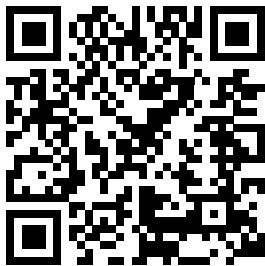




MIGHTIER SKILL PACK

Mindfulness is a powerful tool when it comes to stress management and emotional regulation. Tune into your senses and get a bit goofy practicing mindfulness with these family crafts and activities.



Scan the QR code to learn more about mindfulness and access more activities.



Super Sensor Badge

Exploring Mindfulness





Imagine walking through the jungle - full of sounds, bright colors, and smells. It can be overwhelming! How do animals find their way? They use mindfulness to focus their senses on what they need. Elephants use their super-sensing nose to smell water over 12 miles away. A monitor lizard uses their super-sensing tongue to detect the direction of dinner. A tiger uses their super-sensing night vision to hunt through the darkness.

Mindfulness is key for animals, and for you! Focusing on one sense at a time is a great way to help yourself manage noises, thoughts, or emotions that feel overwhelming.

It's a great way to feel calmer when things around you feel chaotic. When you feel frustrated or overwhelmed, activate your animal super-senses and notice the world in a new way. What do you smell? See? Go forth into nature and unleash your super senses!



Unlock the Senses Outfit!

1. Complete Skill Pack  challenges.
2. Open the  Mightier Kid app.
3. Tap your  profile badge on the top left of screen.
4. Tap  and enter the code: **NOTICE**



Stu (Stuartz)

Common

Strengths:

Pausing, observing, interacting with others

Struggles:

Anxiety, feeling overwhelmed, busy places

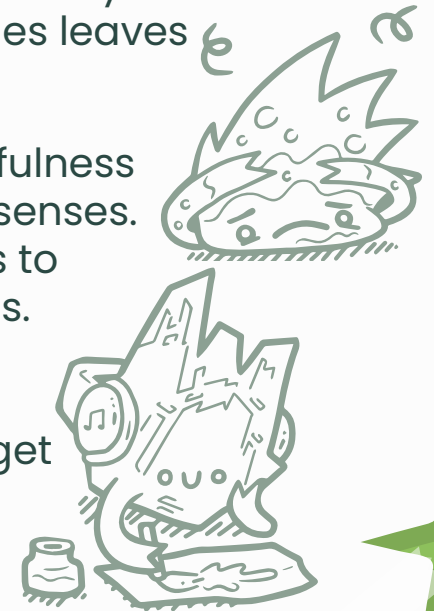
"Has a lot on their mind"



Do you ever feel like there is too much going on around you? Stu knows about that overwhelming feeling. Stu lives in a busy world full of sights, sounds, and smells. The chaos sometimes leaves his head spinning.

Whenever Stu feels overwhelmed, he practices mindfulness by exploring nature and activating his animal super senses. It pulls him out of his brain and into his body. Stu likes to pick an animal and pretend he has their super senses.

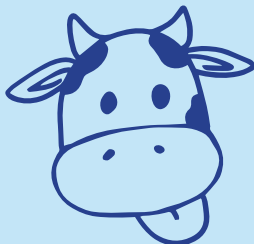
He may walk around observing details like a tiger or smelling the cool air like an elephant. This helps Stu get back into the moment and feel less overwhelmed.



Super Sensor Facts



Cows are super-tasters. Their taste buds tell them if a plant is poisonous or not!



Crickets have their "ears" are on their



say what?!

Chameleons can see in two different directions at the same time.



That's outta sight!

Sensory Surprise!

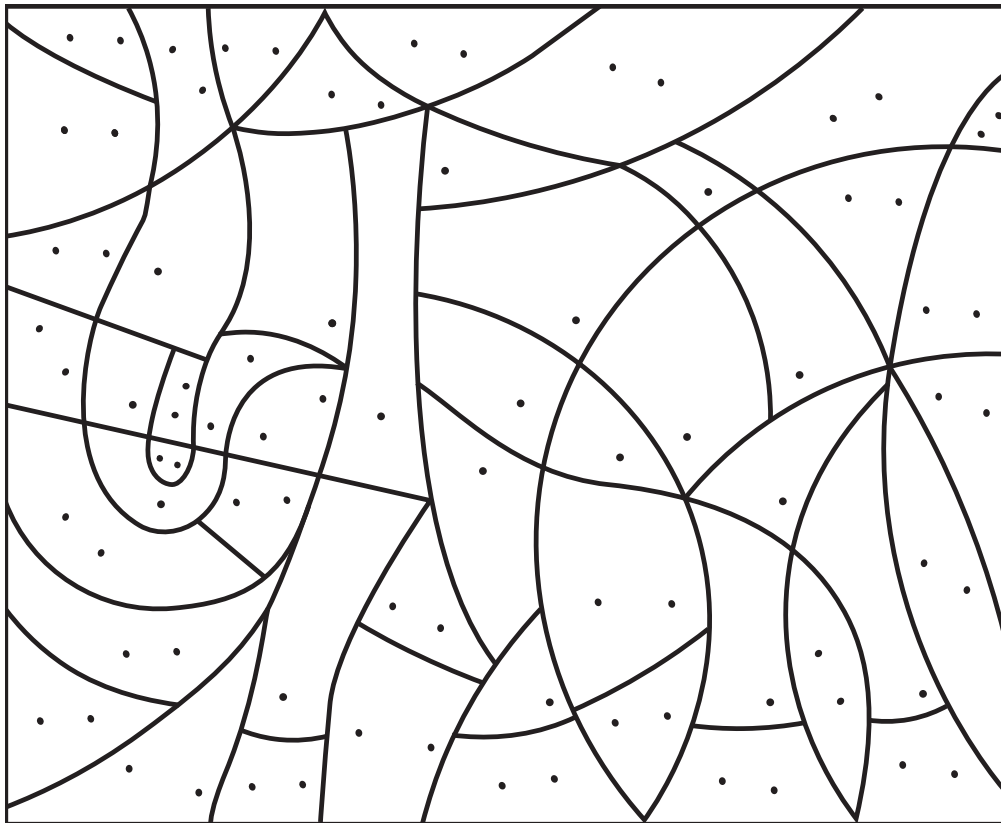
What noise does a pillow make? Can you smell the difference between salt and pepper? Play to find out!

- Find a partner, then collect 3 things for them to **smell, hear** and **touch**. You can call them **Thing A, Thing B, and Thing C**.
- Have them **close their eyes** and choose 1 sense to use on 1 Thing. They can't choose the same sense in a row.
- They can make one guess each time. Keep switching senses and things until they guess them all or give up. Then switch sides!



Hidden Senses!

Color in the shapes with more than one dot in them.



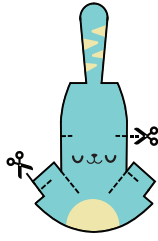
What did you find?



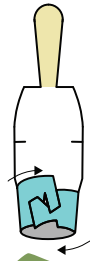
Create your own Mindful Pet!

Follow the instructions to create your own mindful creature. How do their features let them sense the world around them? Put your pet in a place where you both like to practice

Cut out body and parts. Then cut slots on the dotted



Flip over then slide the slots together



Pull the tail down through the body



Pull tail out and fold up against



Slide on parts how you want or make your

