


As the leaves turn and the season shifts, FocusedKids invites your family to slow down and savor the magic of autumn with simple practices designed to help you and your loved ones find calm and connection.

# FALL 2025

## WEEK 1: GROUNDING IN GRATITUDE



Take a mindful walk. Notice 3 colors of fall leaves.

Share one thing you're grateful for before dinner.

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

Light a candle or turn on a lamp and take 3 deep breaths together.

Draw a picture of something that makes you feel calm.



Listen to the sounds of nature for one minute—no talking!

Family gratitude circle—each person says one kind thing about someone else.

## WEEK 2: SLOWING DOWN & NOTICING

Eat a snack mindfully—notice the smell, taste, and texture.

Go outside and find 3 different leaf shapes.



Stretch together for 3 minutes. Notice how your body feels.

Share one "rose" (good moment) and one "thorn" (hard moment) from the day.

Try "square breathing"—breathe in 4, hold 4, out 4, hold 4.

Watch the sunset and name the colors you see.



Make a "calm corner" at home with cozy blankets or a soft toy.

## WEEK 3: CONNECTION & KINDNESS

Do one kind thing for a family member.



Practice "heart breathing"—hand on heart, breathe in love, breathe out kindness.



Write a thank-you note to someone.

Dance to your favorite song—then take a quiet breath together.

Share one way you showed kindness at school or work today.

Read a book together and notice how the characters feel.

Go for a walk and look for signs of change in nature.



## WEEK 4: REFLECTION & JOY

Create a "thankful tree" with leaves of paper listing what you're grateful for.

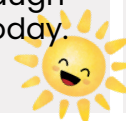
Sit quietly for one minute and listen for faraway sounds.



Practice mindful hugs—take 3 slow breaths while hugging.

Bake or cook something together and notice the smells.

Share one thing that made you laugh today.



Take a "tech-free" hour and spend it doing something creative.

Reflect: What mindful practices felt best this month? What do you want to keep doing?