

This is Ms. Susan from the Shorewood Public Library. This is a pretty hectic time of year. Time change, holidays, and cooler weather can leave little time for finding special moments. So we are going to make a game to play that will be that special time to sit down and share some letters, words, and make memories. It is so easy to make, fun to play, and can change quickly for any age to enjoy. I call this game, "Mindful Moments". Mindfulness is the ability to be present, aware, and not reactive or overwhelmed. Let's all take some time to share moments and make memories, and breathe.



1-Take any piece of paper, cardstock, or cardboard and cut squares. I used a box from Halloween treats. Cut lots and lots of squares. On each square write a letter of the alphabet. You will want to have a few sets of letters for each new player. Now cut out more squares that you will leave empty or blank. Maybe just a few less than the number of alphabet cards. Take one card and add a special sticker, picture, or a word. Use the word "hug". Whoever gets the free card, gets to give someone a hug. These "free" cards are similar to the free space in Bingo. Place all the letters, blanks, and the free letter in a bag.

2-Now make the word cards. You can use words that are mindful or for the younger child, just their name. \*Remember, if you are using names, you may want to include capital letters in your alphabet selection. Some favorites would be -Give(ing), Tender, Help(ful), Share(ing), Kind, Special. These are just a few. It is your game, so you can decide which words to use. You could even use your spelling words from school. Make the same number of boxes on cardboard or paper as the words you have chosen. Now write the letters inside the boxes. To play the game, take turns picking cards from the bag. If you get a letter that is on your card, place it down on top of the word. If you do not have the letter in your word throw it back in the bag, to share with the other player(s). If you get the "free" card, you can use it to fill any letter space that you choose. (maybe choose a letter that another player has on their card) The first person to fill their card, has filled their card and the game is done. No winners or losers, just Mindful Moments spent together. Talk about your words and what they mean to you, this is a great time to share thoughts and feelings.

Be kind, be well, and smile! From Ms. Susan

