

# Be a Youth First Family

*Resources from Youth First Social Workers and Programs for parents and caregivers to use in the home.*

## Elementary School Kids

### Explaining Mindfulness to Your Child

**When trying new things like exercising Mindfulness, your child may wonder what it even means to be mindful. You can explain mindful as a skill that helps you:**

- **Pay attention better**
- **Be less distractible**
- **Learn more**
- **Stay calm under stress**
- **Avoid getting too upset about things**
- **Slow down instead of rush**
- **Listen better to others**
- **Be more patient**
- **Get along better**
- **Feel happier and enjoy things more**

**If this sounds like a superpower, it is! Being mindful helps people in just about every part of life. Learning how to be mindful when you're young gives you a chance to get really good at it and use it always.**

Source: [kidshealth.org](http://kidshealth.org)



#### **About Youth First, Inc.:**

*Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.*