

Harmony at Home Toolkit:

- 25 Family Activities to nurture mental health
- Affirmations for parents
- 60 second Peace Reset

Free Mindfulness Workbook



HARMONY AND HEALING PROJECT

Written by Ebi Oginni



Welcome

So glad you've downloaded this guide. I hope you have as much fun using it as I've had putting it together.

As a Paediatrician, I have seen the damage that neglecting to spend enough time together as a family can cause.

I hope it brings you and your family joy, brings you closer together and helps you create precious memories that will last a lifetime.

I have also seen the struggles family go through when a child experiences mental health difficulty.

My heart is that as you incorporate these activities in your day to day, they'll give you and your children the tools needed to navigate any difficulties life may bring your way, ensuring you have all you need for your mental and emotional wellness.

Ebi Oginni



BIO

Ebi Oginni is a Nigerian-born Irish singer songwriter who has dedicated her time to bringing healing to the people around her. She currently balances working as a paediatrician during the day with writing songs during her free time to bring hope and healing to her listeners.

Ebi Oginni is a chart-topping touring contemporary gospel artist in the UK. She's also an inspirational speaker with a unique twist—she combines powerful speeches with heartfelt music.

Beyond her individual accomplishments, Ebi is deeply committed to collective well-being. She's currently spearheading a mental health project aimed at arming young people and their families with essential coping skills.

With her unique blend of joy, perseverance, and faith, Ebi Oginni is not just a speaker; she's a transformational experience waiting to happen!

Ebi is married to the love of her life Olayinka and they are blessed with 2 boys Seth and Nathan.

QUESTIONS?

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FUN AND ACTIVE ENGAGEMENT

Activities to foster togetherness, create memories and strengthen relationships

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OUR SERVICES AND PARTNERS



HOW TO USE THIS GUIDE

1. Go through the list with your family
2. Each family member should make a list of the top 5 activities they like best.
3. Note any overlaps and aim to do one activity a week with your whole family
4. Schedule it and put it on the calendar
5. Any activities that takes minutes can be done with increasing frequency till it happens daily
6. You can have one family activity each week of the year by working your way down the list twice.

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ONE

*Daily Gratitude Circle –
Each family member shares
something they are grateful
for every day.*



TWO

Outdoor Adventures – Go hiking, biking or take regular walks in a nearby park or nature reserve to enjoy fresh air and calm.



THREE

*Mindfulness Meditation-
Guided family meditations for
relaxation and to relieve anxiety*



The 60-Second Peace Reset

*Place your hand on your heart
Take 3 slow breaths with
taking the time to empty your lungs*

*Say this prayer:
“thank You for my child.*

I recieve patience, wisdom, and peace.

*Help me parent with love in this
moment.*

FOUR

*Deep Breathing Exercises –
Learn and practice calming
breathing techniques together*



THE 60-SECONDS PEACE RESET

*Use when your patience is running
thin or when feeling over
stimulated by your kids*

*Place your hand on your heart
Take 3 slow breaths. In for 3, out for 5
seconds*

Say this prayer:

*“Lord, thank You for my child.
Give me patience, wisdom, and peace.
Help me parent with love in this
moment.*

FIVE

Family Journal: Reflect on shared experiences and emotions. Record them so you can look back on the memories together



SIX

Vision Board Night: Set goals and dream together visually. Create a family vision board so your family values and family mission, dreams and goals is clear



SEVEN

Affirmation Wall: Post positive affirmations around the house. Better yet, write tailored affirmations specific to each family members, based on their needs so they say it regularly

Affirmations



I am equipped for this season of parenting.
God chose me for my child on purpose.
I don't have to be perfect to be powerful.
I parent from confidence, not comparison.
I am growing alongside my child.
I choose calm over control.
My tone sets the temperature of my home.
I pause before I respond.
God's peace steadies me in hard moments.
I can handle big emotions — mine and theirs.
I am raising a child who knows how to feel and express emotions safely.
My home is a safe place for honesty and growth.
I teach resilience through connection, not fear.
Mistakes are opportunities for learning.
I model the emotional health I want to see.
The Lord gives me wisdom daily.
I release what I cannot control and trust God with the rest.
My words build identity and confidence.
I speak life over my child every day.
Peace lives in this home because God is here.

EIGHT

*Create a Calming Garden
Together: A fun, calming project
to build and maintain together*



NINE

Family Meetings: Create a safe space to share thoughts and feelings so every family member feels heard.



TEN

*Dinner Conversations: Discuss
the highs and lows of each
family member's day*



ELEVEN

Story Telling Evenings: Share personal or made up stories. Get loved ones to guess if it is real or made up



TWELVE

Create a family Playlist: Choose songs that boost everyone's mood.



THIRTEEN

“I Appreciate You” Circle: Take turns expressing gratitude for each other



FOURTEEN

*Learn Together: Take a new
class or learn a new skill
together as a family*



FIFTEEN

Role-Reversal Game: Pretend to be each other to boost empathy



SIXTEEN

*Collaborative Art Project: Draw
or paint something together*



SEVENTEEN

Watch a movie together: Follow it up with a discussion on any mental health skills you saw. We did this together when I was a teenager and I remember how it impacted me.



EIGHTEEN

*Family Games Day: Create fun,
non-competitive games like
karaoke*



NINETEEN

*Cooking Night: Prepare and
enjoy a meal together as a
family*



TWENTY

*Board Game Night: Choose
games promoting teamwork and
strategy*



TWENTY ONE

*Volunteer Together: Help a
cause in your community for
shared purpose and fulfilment*



TWENTY TWO

*Dance Party: Release Stress
through music and movement
together*



TWENTY THREE

Puzzle Challenges: Work on big puzzles as a collaborative project



TWENTY FOUR

family Campout: Indoors or outdoors, focus on bonding without distractions



TWENTY FIVE

*Explore Local Culture Together:
Visit museums, cultural events
or community festivals to learn
and grow together*



<https://harmonyandhealing.co>

The Harmony and Healing Project

Next Steps

If you have a teenager needing
support to improve their
mental well being, check out
my program- Strong Minds,
Brave Hearts
or
Book a Call with me

Thank you