



## Mindful Self-Awareness Exercise: Building Self-Confidence

This exercise will help you and your child experience the power of saying positive statements to build self-confidence.

- Each exercise takes 10 minutes or less.
- Familiarize yourself with the exercise before using with your child.
- Use the script to guide the exercise. Adjust language as needed.
- All exercises begin with **Breath Awareness** followed by a **Mindfulness Activity** that teaches a practical mindfulness skill.
- Each exercise ends with **Reflecting Questions** to discuss with your child. Invite your child to stay in mindful silence until the Reflecting Questions.

### Breath Awareness

*Let's begin our time together today by becoming peaceful and quiet inside as we find out what it is like to say positive things about ourselves. Saying positive things about ourselves can make us feel our best every day.*

*Let's get into a comfortable position, so feel free to wiggle a little to make that happen. Sit up straight as if a string is pulling your head upward. Place your hands on your thighs. Gaze softly ahead. Take a slow deep breath in as I count to five. One, two, three, four, five. (pause)*

*Slowly let your breath out as I count to five again. One, two, three, four, five. (pause)*

### Mindfulness Activity

*Continue breathing slowly. Let's notice our surroundings in silence. What are your eyes seeing? (pause)*

*Now listen carefully. What are your ears hearing right now? (pause)*

*Now feel your legs. (pause) Feel your hands. (pause)*

*Now take a deep breath and think of all the things you have learned to do with your eyes, ears, legs, and hands, like drawing, singing, riding a bike, playing a game, or making something. (pause)*

*Think about what nice things you said to yourself to learn these new things. We might think of these positive statements as word hugs—little compliments we say to ourselves to boost our self-confidence. Self-confidence is the sense that we are important and capable. For example, if you are trying to be more helpful at home, you might say, "I see what people need and help them." If you wanted to get better at drawing, you might say, "I will keep using my crayons and then I'll get better at drawing." (pause)*

*At school you might say, "If I do my assignment, I will learn \_\_\_\_." If you want to get better at a sport, you could think, "If I keep practicing the moves, I'll play well." (pause)*





*Inside your head, take a moment and think of a positive statement or word hug you could give yourself right now about something you are trying to learn to do better. (pause)*

*Here is mine. Share a positive statement.*

*Whatever is happening, you can give yourself word hugs and they will make you feel stronger and more self-confident. Take two more deep breaths to finish the activity. Slowly, if your eyes are closed, open them.*

## Reflecting

Take this opportunity to have a conversation about your shared experience using the following reflecting questions:

### Reflecting Questions

- What?** What was it like to notice your senses, such as seeing, hearing, and feeling your legs and hands?
- So What?** What are some word hugs that you will give yourself, such as “I am smart” or “I am kind”?
- Now What?** What do you think will happen if you give yourself word hugs daily?

