



Mindful Self-Awareness Exercise: Recognizing Strengths

This exercise will help you and your child learn the importance of recognizing your strengths in order to build self-confidence and the ability to learn new things.

- 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 get ourselves quiet and peaceful inside so that we can spend some time thinking about things that we do well that make us feel good about ourselves. Find a comfortable position and feel free to wiggle around a little to get into it. Sit up straight as if a string is pulling your head upward. Place your hands on your thighs. You can close your eyes or keep them open and gaze softly down. I'll guide you and do this with you. Let's begin to do some belly breathing. Start by slowly breathing in and out (pause), in and out (pause), in and out. (pause)

Place your hands on your belly and notice how your belly rises as you breathe in through your nose (pause) and falls as you breathe out through your mouth. (pause)

Count 1, 2, 3, 4 as you feel your belly rise (pause) and 1, 2, 3, 4 as you feel your belly fall toward your back. (pause)

Let's do this together three more times. (pause)

Mindfulness Activity

Continue breathing slowly and deeply. Start to think of some things you can do pretty well right now, like build a structure, ride your bike, play a game, kick a ball, help bake cookies, draw a picture, sing a song, or dance, just to name a few. Picture yourself doing one or more of these things. (pause)

What does it feel like to see yourself being good at these things? (pause)

Do you feel happy? (pause)

Do you feel strong and confident? (pause)



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Now imagine a way that you would like to get even better at one of these things. Picture yourself doing one of the things that you are good at. (pause)

What would you do to get better? (pause)

Would you do it more often? Get help from someone who is good at it? Maybe even watch a video to show you how to do it? (pause)

Picture yourself getting better at one of your strengths by practicing or getting help. (pause)

What would it feel like when you are better at this? (pause)

Let's do this again. Pick another thing that you are good at. (pause)

What would you do to get even better at it? (pause)

How would that feel? As we discover our strengths, we can choose to get even better at them and fully develop our unique gifts and talents.

Reflecting

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

Reflecting Questions

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| What? | What were some of the things that you pictured yourself doing well? |
| So What? | Why do you think some things are easy for you? Harder for you? |
| Now What? | How do you think you can build your current strengths? What will you do next time you need help learning a new skill? |



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