



## Mindful Self-Management Exercise: Self-Motivation

This exercise will help you and your child learn how to motivate yourselves by saying kind things to yourselves when faced with challenges.

- 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 quiet and peaceful so we can think about how to motivate ourselves to be our best through difficult times. Take a moment to find a comfortable position. Sit up straight and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. I'll guide you and do this with you. Breathe in slowly through your nose and out through your mouth. In and out (pause), in and out (pause), in and out. (pause)*

*As you breathe in through your nose, notice your belly filling up like a balloon. (pause)*

*As you breathe out through your mouth, notice your belly falling toward your back. Do this three times. (pause)*

### Mindfulness Activity

*While you are breathing slowly and deeply, think about a time when you were trying hard to do something and you felt stuck—you just couldn't do it. (pause)*

*It might have been trying to learn a new skill, win at a game, draw a good picture, or play a musical instrument. Think about how feeling stuck made you feel. (pause)*

*You might have been frustrated, disappointed, sad, or even angry. You may have felt like giving up. (pause)*

*Sometimes we all need a coach who can help us figure out what we can do when we feel stuck. (pause)*

*Think about a coach who you know or have heard about. Imagine having a Can Do Coach inside of you, rooting you on as you learn new things. (pause)*

*Now think back to that challenging feeling you had when you felt stuck. Imagine your Can Do Coach is inside of you, giving you positive encouragement to keep going. (pause)*





*Notice if you are starting to feel better. (pause)*

*Think about the next step your Can Do Coach is telling you to try. (pause)*

*It might be to ask someone for help, take a break, practice many times, or try a new way. (pause)*

*Imagine yourself following these steps and believing you can do it. If you listen to your own Can Do Coach and keep on trying, you can always figure it out. (pause)*

*Just remember that you are your own Can Do Coach and can say to yourself at any time, "When there is something I need to do now, my Can Do Coach will show me how!" Your Can Do Coach is always there to encourage you whenever you're stuck and help you find a solution. Take two more deep breaths to finish the activity. If your eyes are closed, open them.*

If you are able to, share the **Can Do Coach** handout with your child.

## Reflecting

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

### Reflecting Questions

- What?** What did it feel like when you thought about being stuck and didn't know what to do?
- So What?** What are some ways your Can Do Coach might help you get back on track with this?
- Now What?** What other types of situations can your Can Do Coach help you with?





## Can Do Coach

When there is something  
I need to do now,  
my Can Do Coach  
will show me how!

