



Mindful Self-Awareness Exercise: Accurate Self-Perception

This exercise will help you and your child explore positive qualities and skills that give an accurate picture of who you and your child are.

- 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 think about positive qualities that give us a clear picture of who we are. 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. Take a slow deep breath in through your nose and hold it while I count to five. One, two, three, four, five. (pause)

Slowly, let out your breath through your mouth, little by little as I count to five. One, two, three, four, five. (pause)

Feel the sensations of breathing. Warm? Cool? Tingly? Calming? (pause)

Mindfulness Activity

Continue breathing slowly. Think about some positive things about you that make you the person that you are. (pause)

For example, you might think to yourself, "I am a kind and caring person"; "I am pretty good at sports"; or "I love to draw." There are so many positive qualities and skills that make you who you are. Think about some qualities of caring that you have. (pause)

Perhaps you like to be helpful, such as helping to make dinner, working in the garden with the family, listening well, and putting things away. Picture yourself doing something helpful. (pause)

How does that make you feel? (pause)

Now think about something that you do well, such as drawing, singing, playing a game or sport, or doing your favorite subject in school. (pause)





Picture yourself doing one of these. (pause)

Feel what it is like to do it. (pause)

Think about how these positive qualities and skills make you who you are. (pause)

Notice how you feel when you bring these images to mind. (pause)

The good feelings in your body that you get from thinking about your positive qualities and skills help you build them up. They describe who you are. Feel how good that feels. (pause)

If your eyes are closed, slowly open them.

Reflecting

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

Reflecting Questions

- What?** What did you notice in your body as you thought about things that make you special and unique?
- So What?** Why do you think it's good to remind yourself often of your special skills and good qualities?
- Now What?** What will you do to remember your special skills and good qualities so you can offer them more often?

