

Mindful Self-Awareness Exercise: Recognizing Strengths

This exercise will help you and your child learn to recognize personal strengths and things you could improve to help build self-awareness and 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 get into our quiet and comfortable position today so that we can explore some strengths we have that can build our self-confidence—the feeling that we are valuable and skillful. (pause)

Take a moment to wiggle a bit to make sure you are as comfortable as you can be. You may sit, stand, or lie down. If you choose a seated position, sit up straight and bring your hands to your thighs. You can close your eyes or keep them open and gaze softly downward to begin. I will guide you through a body scan and do it with you. (pause)

Start by slowly breathing in and out. Scan through your body, starting with your feet, leading up to your calves, through your knees, and up to your thighs. Notice any sensations. (pause)

Continue scanning your belly, chest, and out through your arms, wrists, and fingers, back to your chest and around your back. (pause)

Scan up your neck, through your face, and all the way to the top of your head. Be curious about anything you notice—feelings, tingling, pulsing, or anything at all. (pause)

Mindfulness Activity

Continue breathing slowly and deeply. One way we learn about ourselves is to recognize what strengths we have that make us special and helpful to others. Think about a couple of strengths that you have. (pause)

Are you artistic in some way? (pause)

Do you like certain subjects at school? (pause)

What are some games or sports you play well? (pause)



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What are ways you are a kind person? (pause)

Feel what it is like to recognize these good things in yourself. (pause)

We all have strengths and we also have things we want to get better at. What is one area that you want to improve in yourself? (pause)

Would you like to develop artistic skills? Grades? Athletic skills? Qualities that make you a good person? Imagine yourself working to get better at one of these strengths. (pause)

What would you be doing to get better at this strength? (pause)

With hard work, we can build on our personal strengths and learn how to do things even better. Then we can know ourselves and meet challenges with self-confidence. Let's take two deep breaths to finish this activity. If your eyes are closed, open them now.

Reflecting

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

Reflecting Questions

- What?** What were some strengths you discovered about yourself when you thought about them?
- So What?** What did you feel like when you thought about your strengths?
- Now What?** What steps can you take to build up a couple of these strengths?



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