

## Mindful Self-Management Exercise: Self-Motivation

This exercise will help you and your child learn how to use self-talk to motivate yourself when you come up against challenges and setbacks.

- 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 peaceful and still today so that we can think about how we can motivate ourselves when we come up against challenges in life. Let's find a comfortable posture. You may sit, stand, or lie down. If you choose a seated position, sit up straight and bring your hands to your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. I'll guide you and do this with you. Begin breathing slowly and deeply. Breathe in through your nose to the count of 1, 2, 3, 4 and out through your mouth to the count of 1, 2, 3, 4. Let's repeat three times together. (pause)*

*Notice the rhythm of your breathing and how it feels in your body to breath slowly and deeply. (pause)*

### Mindfulness Activity

*Continue this breathing rhythm. Think about a time when you struggled with something. (pause)*

*You might have been trying to do your homework, practicing a piece of music, or learning a new skill for a sport or activity. (pause)*

*As you recall a time you struggled, notice the feeling in your body. (pause)*

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

*The good news is that when you have difficulty doing anything, it's really just a signal that you need to try something different. (pause)*

*If you were angry about learning something, imagine being kind to yourself and saying, "I did not have success today, **BUT** I can try another way!" And then try a new approach. (pause)*



# Lions Quest

FAMILY  
G3-G5

Let's try this out. Take the struggle and feeling you identified. In your mind say, "I did not have success with \_\_\_\_\_, **BUT** I can try \_\_\_\_\_." Notice what it feels like to respond to a challenge this way. (pause)

You can turn around any statement about feeling angry, frustrated, sad, disappointed, or whatever you are feeling by adding a "but" and following it with a positive statement about what is possible in the future. For example, "I did not have success with the game today, but I can try to concentrate harder tomorrow." (pause)

Try using this two-part statement the next time something is just not working out. Now let's take a couple of deep breaths to finish the activity. If your eyes are closed, slowly open them.

If you are able, share the **Keep Trying!** handout.

## 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 when you recalled struggling to do something difficult?
- So What?** When you are frustrated, disappointed, or angry, why do you think it will work for you to say, "I did not have success today, but I can try another way!"
- Now What?** How do you think you will motivate yourself to push through challenges in the future?



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Lions Quest is a social and emotional learning program of Lions Clubs International Foundation.

## Keep Trying!

I did not have success today,  
BUT I can try another way!

~~Failure~~

Setback

~~Disappointment~~

Frustration

~~Mistake~~

~~Roadblock~~

Keep trying until  
successful!

Today, I did not have success with \_\_\_\_\_

BUT I can try:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

