

## Mindful Self-Awareness Exercise: Building Self-Confidence

This exercise will help you and your child learn how to build self-confidence with positive statements that you say to yourself.

- 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 by getting peaceful and quiet inside as we discover how saying positive things about ourselves can help us have a good day every day. Positive statements remind us of our strengths and talents that make us special. These positive statements build our self-confidence—knowing we are important and skillful.*

*Let's begin by getting into a comfortable position. Sit up straight like a string is pulling your head upward and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. Bring your attention to your breath. (pause)*

*Start to notice the rhythm of your breathing as you breathe in through your nose and out through your mouth. (pause)*

*Once you are aware of that rhythm, begin to breathe more deeply for several breaths, bringing the air all the way into your belly when you breathe in (pause) and pushing it all the way out when you breathe out. (pause)*

### Mindfulness Activity

*As you continue to breathe slowly and deeply, think about one thing that you like about the way you feel right now and think it to yourself. For example: "I feel calm and peaceful right now." (pause)*

*Now think about some characteristics about yourself. Think of one positive thing you could say about one of your characteristics. Examples include: "I feel healthy." "I am kind and helpful to people." "I can do what I set my mind to do." "I am good at \_\_\_\_ and that makes me feel good about myself." Practice thinking one of these positive thoughts to yourself. Notice how you feel when you think it. (pause)*



# Lions Quest

FAMILY  
G3-G5

*Bring to mind something that you like about your physical appearance. Create a positive statement in your mind about your physical appearance. Examples include: "I (like/enjoy) my hair because my hair is curly/straight/natural." "I (like/enjoy) my clothes because my clothes are colorful." "I (like/enjoy) my smile because my smile makes me happy." (pause)*

*Think of something at school that you are good at and think of a positive statement about it. For example: "I am good at (language arts/math/science) because I (love stories/like solving problems/like experiments)." (pause)*

*Think of a relationship you have. Then think of a positive statement about that relationship. For example: "I am caring in my relationship with (my mom/my friend/my cousin) because (I like her/we are friends/my cousin is nice to me)." (pause)*

*There are so many wonderful things about you to say positive things about! Let's breathe two more times to finish the activity. 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 about the way you feel when you think of something positive about yourself?
- So What?** Why do you think giving yourself positive statements is helpful?
- Now What?** What is one positive statement that you could say about yourself every day to make you happy?



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