

Mindful Self-Awareness Exercise: Accurate Self-Perception

This exercise will help you and your child gain an accurate self-perception of personal qualities and skills by identifying them and building them up through self-compliments.

- 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 how we can recognize our unique qualities and skills. Let's get into a comfortable position. It can be sitting, standing, or lying down. If you choose a sitting position, sit up straight and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. Begin to notice your breathing as you breathe in through your nose and out through your mouth. (pause)

Now scan through your body starting with your feet, leading up to your calves, through your knees, and up to your thighs. (pause)

Notice any places of lightness or heaviness. Continue scanning your belly, chest, and out through your arms, wrists, and fingers. (pause)

Scan back to your chest and around your back, up your neck, through your face. (pause)

Go all the way to the top of your head. (pause)

Be curious about any sensations that you notice. (pause)

Mindfulness Activity

As you breathe slowly and deeply, think about some qualities or skills that you have. (pause)

For starters, picture a quality or skill that makes you a good friend or family member, like being thoughtful, friendly, and a good listener. (pause)

Imagine qualities and skills you have that make you happy, like playing games or sports, drawing, singing, or doing well in school. (pause)



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Bringing these qualities and skills to mind and feeling them in your body actually strengthens them inside of you. Think of one of your good qualities or skills right now and notice the feeling in your body. (pause)

Now imagine giving yourself a compliment about this quality or skill by stating your name, identifying your quality or skill, and describing how you show it. For example, "(Child's name) is kind and helps with family chores" or "(Child's name) is smart and does well in school."

Now see yourself doing or being something that you could compliment yourself on and use the positive statement to give a compliment to yourself. To yourself, state your name, identify your quality or skill, and describe how you show it. (pause)

By giving yourself compliments, you build up the many good qualities and skills you have that make you the person that you are. 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 brought to mind qualities and skills that you complimented in yourself?
- So What?** Why do you think it is important to know and say positive compliments to yourself?
- Now What?** What do you think will happen if you continue to give yourself compliments daily?



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