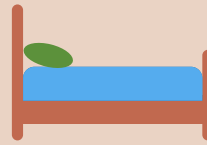


6 WAYS TO PRACTICE
Cognitive Fitness
WITH YOUR CHILDREN



MINDFUL MINUTE



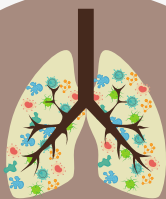
WIN
THE MORNING



MORNING
GRATITUDE



BEST AND WORST



BREATHE

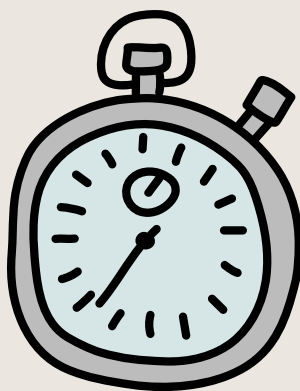


POSITIVE
SELF-TALK

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MINDFUL MINUTE

Purpose: This activity introduces your child to meditation and helps to teach your child the skill of presence.

How to: Have your child sit in silence, preferably with their eyes closed, and just breathe, noticing their breath for one minute.





Purpose: This activity helps to teach your child the skill of resilience. When we wake up and do something "uncomfortable" successfully, we win the morning and it sets us up to win the day!

How to: Have your child make their bed each morning or help each other make the bed. The goal is not perfection, but instead, helping them to progress by forming a positive morning routine. Celebrate their win!

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Purpose: This activity helps to teach your child the skill of gratitude. Starting our day with gratitude helps us form a positive mindset, feel happier, and boosts optimism for the day ahead.

How to: Share one thing you are grateful for with your child and then, have your child share one thing they are grateful for each morning. Appreciate that "thing" with them.





BEST AND WORST

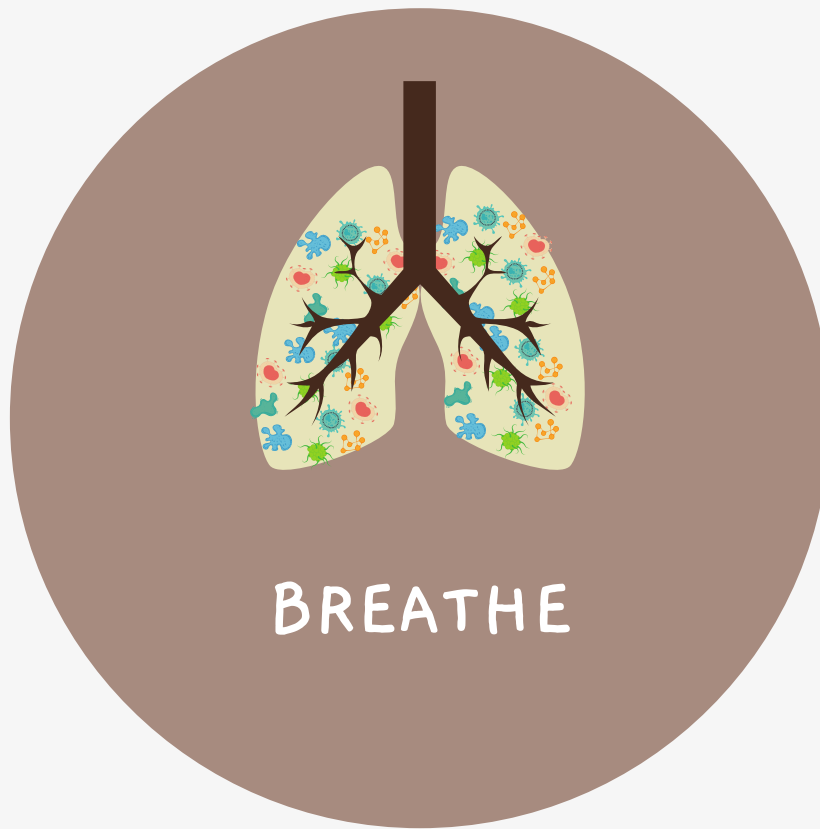
Purpose: This activity helps to teach your child the skill of emotional intelligence. By reflecting back on their day, they are increasing self and situational awareness.

How to: Have your child share their "best" and "worst" parts of their day. Take this opportunity to ask questions, especially about their "worst", and help your child explore those moments to gain awareness. This exercise provides a great opportunity for conversation and an intimate moment with your child.

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Purpose: This activity introduces your child to the skill of presence through a simple "box breathing" technique. They will experience how the breath controls the body and how it can help bring us to a place of calm and peace. Tip: Have your child practice this when they are already calm so that when they need to use this breathing technique, their body is already used to it.

How to: Ask your child to imagine they are holding a cup of hot chocolate. Then, have them slowly breathe in through their nose for a count of 4 to smell the delicious hot chocolate. Next, have them hold that breath for a count of 4. Now, ask them to slowly breathe out through their mouth for a count of 4 to cool down the hot chocolate. Lastly, have them hold that breath for a count of 4. Repeat until they feel calm and peace.





POSITIVE SELF-TALK

Purpose: This activity helps to teach your child the skill of confidence. When we practice positive self-talk, we shift our overall mindset to the positives and improve our confidence.

How to: Share something with your child that you believe they are good at or that you are proud of them for. Then, have your child share aloud 3-5 things they believe they are good at or that they are proud of. These types of positive statements help to build confidence. Celebrate with them!

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