

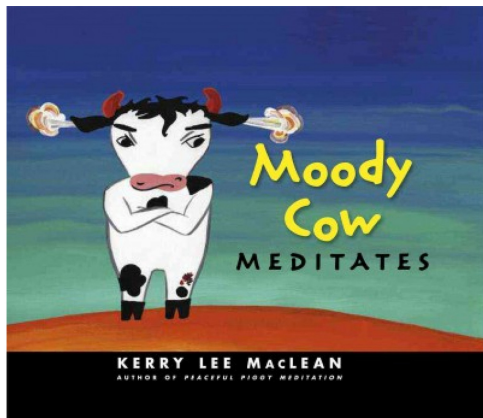
LIFE SKILLS LESSON: NURTURING EVEN-MINDEDNESS

Overview

1. Watch the introductory video
2. Print and review the cards
3. Try out one of the activities yourself
4. Reflect on your experience
5. Share an activity with your family

Any questions? Email erin@consciousfamilies.org

Introductory Activities



Books are a great way to introduce values and life skills. This book also gives a recipe to create your own glitter jar - a great calming tool!



Immovable Warrior

Practice in pairs. Face your opponent standing one to two feet apart. Each person stands feet together and palms upraised. The objective is to cause the other person to lose balance by slapping palms against the opponent's palms (no hanging on) AND to not lose your own balance! Faking is a good strategy, but touching any other part of the opponent's body besides the palms is grounds for disqualification. The first person to move either foot even slightly loses. Surprisingly, size is not an advantage in this exercise. Often small children have been able to dislodge bigger ones.

FURTHER SUPPORT

Question? Concerns? Looking for more guidance?

- schedule an individual coaching session with Erin
- join our newsletter for inspiration and upcoming offerings
- join our monthly drop-in parent group to connect with other parents who are engaging in this work
- sign up for Family Yoga to learn and practice new calming techniques together

Practice Tip

Take a few days to a week to practice on your own first and learn from your own experience. Then involve your kids in the process! Your first-hand experience will give what you share more energy and impact.

More Ideas

- Print the card and put it on the fridge as a reminder or for inspiration.
- Write out the affirmation and post it somewhere you'll see it often.
- Put a marble or stone in a special jar each time you or your child remembers to practice even-mindedness to celebrate your success!

Additional Resources

Conscious Families
www.consciousfamilies.org

Education for Life
www.edforlife.org

Order Life Skills
cards here.



LIFE SKILLS ACTION CHARTS

NURTURING EVEN-MINDEDNESS



Resentment is like drinking poison
and then hoping it will kill your enemies.

Nelson Mandela

NURTURING EVEN-MINDEDNESS

- ➔ Select one or more Life Skills Activity and place a check to the left of that activity.
- ➔ Record the number of minutes or repetitions related to your goal in the box to the right.
- ➔ As you go through the week, check off each day that you performed a specific activity.

LIFE SKILLS ACTIVITIES

- 1. **JOURNALING:** Each time you get upset, write down what caused it , what you did, and how it affected you and others.
- 2. **EXERCISING:** Choose an exercise to practice whenever you need to calm down (breathing, tensing & relaxing, going for a walk...) and do it.
- 3. **VISUALIZING:** Find a quiet place. Relax and visualize a balloon filling with your outgoing breath. See the balloon surrounding all your tensions. Watch them rise up and disappear into the sky.
- 4. **AFFIRMING:** Repeat or write these words (3, 6, 9, or ____ times each day): **I calmly accept whatever comes as an opportunity for further growth!** This affirmation can also be used with the Even-Mindedness Pose.
- 5. **SUPPORTING:** Find someone who can help you develop the habit of calmness. Share ideas and choose things you can work on.
- 6. **CELEBRATING:** Each time you're able to shift your energy from frustration or anger into something more helpful, celebrate!

ACTION CHART

| ✓ | Weekly Goals | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|---|--------------|-----|-----|-----|------|-----|-----|-----|
| | JOURNALING | | | | | | | |
| | EXERCISING | | | | | | | |
| | VISUALIZING | | | | | | | |
| | AFFIRMING | | | | | | | |
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