Teaching your kids to be mindful

Meditation with Young Children
   Why and how

Meditation for self-regulation
Anger management
Delay frustration response
Control outbursts
Control Anger
Self-regulation
Easily triggered
Anger management
How to help when they get upset
Calm
Safe
Predictable
Happy
If you want to be a safe harbor for your child, you can't be the storm.

Tina Payne Bryson #ThePowerofShowingUp

Safe
Physically
Emotionally

Seen
Empathizing with feelings

Soothed
Comfort, nurture

Secure
A child’s brain has been wired to know that someone will show up for them
Discipline: “To teach”

Conventional Thinking

Negative Behavior = Punishment

Restorative Thinking

Negative Behavior =
What skill is the child missing?
What skill needs to be taught here?
Practice Together

Practice at a consistent time of day, ideally morning or evening (*must be when the child is calm)*

Let the child lead if they feel comfortable

Follow their lead

Discuss how they feel before & after

Brainstorm times in their day they can use this skills, and how they will benefit

**A place in the home where they can practice**
Get on or below their level

Try to see the world through their eyes; be curious about how they see the world

Make eye-contact

Speak in a calm, steady tone, even if firm

Listen non-judgmentally

Affirm feelings without wavering on boundaries

You can never spoil a child with empathy, connection or love
Mirror the emotion/behavior you want to see
Teach your kids how their brain and body work with emotions
<table>
<thead>
<tr>
<th>MOOD METER</th>
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<tbody>
<tr>
<td>How are you feeling?</td>
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Recognizing emotions in self and others
Understanding the causes and consequences of emotions
Labeling emotions accurately
Expressing emotions appropriately
Regulating emotions effectively
Recognizing

Allow children to express emotions, or say, “It looks like you’re feeling mad right now”

Understanding

What could be causing you to feel that way?

How do you think your day will go if we don’t address these emotions?

Labeling

I feel _______________

Accurate emotion

Expressing

I feel _____ because I ____________

Regulating

Breathing

Forward thinking strategies to meet need
Self-regulation

Impulses  
Moods  
Thoughts  
Behaviors
Simply pay attention to whatever we’re paying attention to

Listening to music
Taking a walk
Sitting outside & observing nature
Painting, drawing or coloring
Playing a game
Reading a book
Cooking
Others?