Whole Child Lesson for Families

Topic: Accurate Self-Perception

Breathe

We are all here to be ourselves, and ourselves only. Unique Mindfulness Breathing is a guided reminder of how being unique is a gift. This is specifically written to empower children to remember how amazing we all truly are.

Learn

Henry Ford famously said, “Whether you think you can, or you think you can’t— you’re right.”

Accurate self-perceptions are so very important because what we tell ourselves everyday becomes our reality. Click below to learn a little more…

Move

Today’s workout challenge is to try some dance moves that may be new to you. Here’s a Bollywood-inspired cardio dance you can have a blast with while burning calories.

Grow

Activity: Have each family member write answers for themselves and how they see each family member. Do you see yourself how others see you? Do your answers match?
1. What am I good at?
2. What am I bad at?
3. What makes me happy?
4. What stresses me out?
5. What’s are 3 words to describe me?
6. How do I want others to see me?
7. What makes me afraid?
8. What makes me laugh?
9. What makes me angry?
10. What do I like most about myself?
11. What am I most proud of?
12. What are my most important values?