



Mindfulness Development Coaching Package Template

Building Resilience in Kids during COVID

Building resilience means helping kids develop the skills to handle the ups and downs of growing up without getting down on themselves or giving up on themselves. Developing resilience is one of the most important mindset skills for kids to learn because their ability to pick themselves up again when things don't go their way will directly shape who they become and what they create in their lives. The good news is that resilience can be taught. We call this. slaying dragons! To learn how to slay dragons, kids learn specific skills for managing mistakes, overcoming fear, moving past disappointment and failure, and handling change. The key to handling these challenges is learning to use power shifting skills, developing supportive belief systems, using positive self-talk, and practicing visualization (seeing themselves overcome their fears). With this coaching package, kids learn the truth about COVID, how to stay safe and how to overcome fear and disappointment and much more. What kids learn in this mindfulness coaching package most adults don't even know. This 6week package is powerful and life changing. See a description of all 6 lessons below.

Lesson 1 – How Your Mind Shapes Your World

- What kids accomplish in life is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs they become empowered to handle disappointments without giving up on themselves.

Lesson 2 – Power of Possibility

- Belief systems shape what kids see as possible for their lives. Kids who don't believe in themselves, who have faced disappointments or failure, or who don't think their dreams are possible can develop an "I'm not good enough" or an "I can't" attitude. Learning how to develop a belief system based on possibilities will help kids bust outside of their comfort zone, create courage, and go for it in life - even if they've stumbled in the past.

Lesson 3 – Overcoming Mistakes

- Everyone makes mistakes, it's part of life. In this skill book, kids learn that mistakes are opportunities to learn and to grow. In this lesson, they learn the "Five I's of managing mistakes" so they know how to learn from the mistake and let it go.

Lesson 4 – Managing Fear

- Kids will face many challenges in life but the strongest opponents they will face are the dragons that can flood their mind. Thoughts of self-doubt, concerns about other people's opinion, and fear of the unknown can devastate self-esteem and self-confidence – freezing kids in their tracks and keeping them from their dreams. Kids learn that dragons are just creations of their mind and that they can use the five steps for moving through fear to move through the fear and go for it. Kids openly discuss COVID and learn tools to keep themselves and their families safe.

Lesson 5 –Self-talk

- Children's thoughts about themselves create the way they experience themselves and their world. Help kids understand that what they say to themselves is more important than what anyone else says to them. They can use the power of positive self-talk to move through fear, to overcome mistakes, disappointments, and to manage change. Kids learn that how they talk to themselves creates confidence and courage.

Lesson 6 – Managing Change

- Kids learn that change is a critical part of life. They cannot create who they want to be by staying where they are. Only by accepting and embracing change can they move forward in their power. Kids learn the three steps for managing change and learn that handling change builds powerful self-confidence as they learn how to handle anything that comes their way.

Life Coaching 4 Kids Center is a mindfulness studio providing life coaching 4 kids, behavioral coaching, parent mentor support and counseling services. For more information on our services call 480-729-5975 or email:

mhinton@lifecoaching4kidscenter.com. Still have questions? Click on our Calendly link below to schedule a call with one of our Support Specialist.

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