

# Be Your Own Best Buddy (Kids)

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### PURPOSE/EFFECT

Self-compassion or self-care is a powerful, core ability that helps us be more self-confident, creative and happy. And, it's a direct line to being able to be compassionate and empathetic with others.

This worksheet will show you how to do a self-compassion exercise with children around the ages of 6 to 10. The exercise takes children on a journey of caring for themselves, like a parent or a good friend cares for them.

This practice will help kids to build on the attention and love you give them, a way for them to recognize those same skills in themselves and be their own Best Buddy. They practice treating everyday experiences of the moment, like body sensations or feelings, with curiosity and friendliness—with self-compassion.

You're already planting seeds of self-compassion in your kids every day. This exercise is a way to help those seeds take root even more and teach your children how to water them on their own!

# Be Your Own Best Buddy (Kids)

## Mindfulness Worksheet

### TIPS ON DOING MINDFULNESS EXERCISES WITH KIDS

- Keep practices short, about one minute for each year of age. So, five minutes for five-year-olds, and so on.
- Do the practice with your child sometimes, so you can share your experiences, too. Make mindfulness a fun thing to do together.
- It's a good idea to tell kids there's no right or wrong way to do a practice, or right or wrong "answers." It's not a test! It's just a time to be curious and kind with yourself.
- After the practice, ask questions like, "What was that like?" "What did you feel inside?" "Did you hear anything or see anything?" "How do you feel now?"
- Doing a bit of artwork after a mindfulness practice is a great way for kids to express and anchor something they experienced in the exercise. They can draw or colour or make a beaded bracelet – something they enjoy. The results can be wonderful.
- If your child has trouble getting to sleep, doing this mindfulness practice with them can be a way to help them relax into a restful sleep.

### SUMMARY

Guide your child to treat themselves with curiosity and kindness.



# Be Your Own Best Buddy (Kids)

## Mindfulness Worksheet

### EXERCISE SCRIPT

You can read the following mindfulness script word for word, make it longer or shorter, or use it to improvise in the moment for a particular challenge your child has or to suit their personality. Leave short pauses of a few seconds after each bullet.

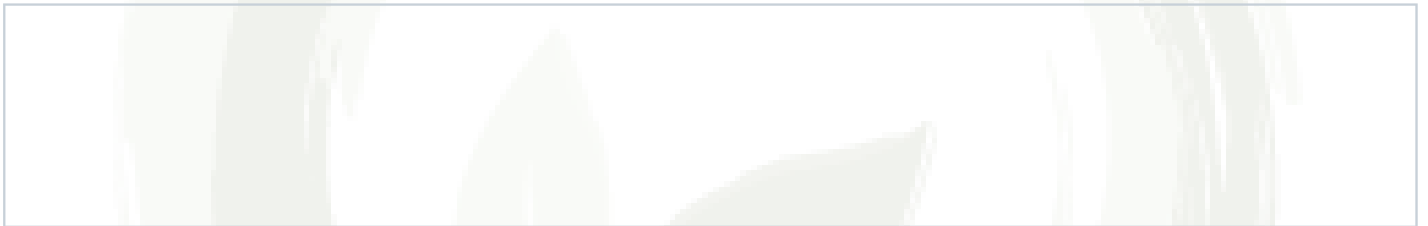
- Let's do a little exercise together called Be Your Best Buddy. The first thing to do is to get really comfy. You can sit on the floor with your legs crossed or on a chair, or you can lie down if you like.
- Close your eyes and take a big breath and let it out. One more time! Feel your body get really heavy on the chair or the floor.
- Great! Now picture in your mind someone who's really nice to you, like a parent or a friend. Someone who likes you or loves you, who "gets" you and understands you. See them and do your best to feel just what it's like to be with them.
- All that nice attention and love, feels pretty good, doesn't it? Well, you know what? You can be like that with yourself. You can be your own Best Buddy, and pay nice attention to yourself and like yourself. Maybe you already do that sometimes! That's so great.
- So let's practice doing that together. Because being your Best Buddy is something you CAN practice. You can build up your curious and friendly muscle, so you can help yourself feel good and cared for any time you want. Like if you're feeling a bit bored or sad or even mad, and maybe your mom or dad is busy. You can try being your own Best Buddy!
- OK, so pay attention to the fingers on both your hands. Do they feel warm or tingly or wiggly? Be curious and notice how they feel right now. Like you're listening to them.

- Notice as much as you can about how they feel and be friendly toward them.

# Be Your Own Best Buddy (Kids)

## Mindfulness Worksheet

- You're doing great! Let's try that with your arms. Let your attention fill your arms, like the bright, warm light of the sun. How do your arms feel inside? You can travel right in there and be curious and friendly.
- Or, maybe you're having a feeling, too—like feeling a bit unsure or restless or happy. You can do the same with feelings. Be curious and friendly, like, "Oh, hi, I see your restless! What's that like? It's OK, I'm here!"
- Whatever you feel or see or hear or smell or taste, you're your own Best Buddy. Listening and sending friendly feelings to yourself. Like having that warm sunshine inside.
- So, let's keep going through your body. What does your chest, stomach and back feel like? Let your friendly attention be curious about this big part of your body. How does it feel? If you can't quite feel friendly right now, it's ok. Remember how your parent or friend cares about you. Do your best to feel what that feels like.



- Now feel your legs, all the way to your toes. Shine your friendly attention right into your legs and feet and toes. You're right here, right now, in these legs all the way to your toes.
- You're doing awesome! Now, let all the curiosity and friendliness you have fill your neck and head and face. Your head does a lot of work, like thinking and eating and breathing, and all kinds of things. Be your own Best Curious and Loving Buddy and listen to how this part of you feels inside.
- Now, ready? See if you can feel your whole body all at once, from the hair on your head to the tips of your toes to the tips of your fingers. Be right here, filling your whole body with friendliness and love no matter what you feel or hear or see or smell or anything.
- You can be a Best Buddy to yourself, no matter what. Any time.
- Just like you can exercise your body by swimming or riding your bike, you can exercise your loving muscles like we're doing right now. They will get stronger and stronger, so you can be your own Best Buddy when you're feeling good or bad or anything in between.

# Be Your Own Best Buddy (Kids)

## Mindfulness Worksheet

- You can love yourself no matter what.
- Let's finish now. Let your eyes gently open and give your arms and legs a good stretch. Congratulate yourself for doing this exercise, you did so great.
- Get up when you're ready and take this feeling of curiosity and friendliness into whatever you do today.
- It was so great to do this with you, Best Buddy!

*“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”*  
~Dalai Lama

