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steps to a POSITIVE MORNING ROUTINE for kids

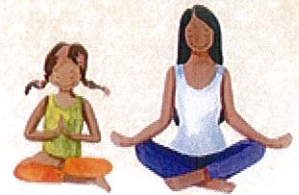


by Big Life Journal

1 RECONNECT

Kids will be much more willing to listen and follow your morning directives if you've connected with them first. Time spent reestablishing your bond after a long night can make the morning run smoothly.

- Spend 5 minutes snuggling
- Hold hands while walking downstairs
- Share a few deep breaths together
- Choose a card from a yoga deck and do a pose or two
- Write with your journal buddy in your Big Life Journal or do a page from the Gratitude Challenge in the Challenges Kit
- Play a gratitude ball game (included in the Growth Mindset Activity Kit)



2 CREATE A ROUTINE

Make a "launch pad" in your home. Simply choose an area where kids get organized for the day. Include:

- hooks or small table for backpacks
- bins for organizing folders or homework
- morning routine checklist
- affirmations jar
- "Things I Can Control" poster from the Growth Mindset Printables Kit



3 DO AFFIRMATIONS

Speaking positively about ourselves aloud can change our brains and even improve the way we see our future unfolding. Follow these steps together:

- **Language** - Begin each phrase with strong, positive words (e.g., "I am kind. "I am going to rock this day." "I create happiness for myself").
- **Visualization** - Spend several moments picturing details of the emotion or situation you're affirming. This step connects your words to the positive feelings surrounding them.
- **Implementation** - Believe in your statement. If the affirmation feels false, know the more you practice, the more real it becomes.



4 SET THE STAGE

Engaging your child's five senses is a simple and impactful way to create positive associations with the morning routine. Some ideas include:

- **Touch:** hug, snuggle or hold hands
- **Sight:** make eye contact, read affirmations
- **Sound:** play soft instrumental music, Big Life Journal growth mindset Spotify playlist, or other selection
- **Smell:** light candles or incense, spray essential oils
- **Taste:** mindful sip of water, eat healthy breakfast together



5 PRACTICE AND REHEARSE

Choose a relaxing time to encourage your child to make a meaningful morning goal. Ask, "What would you like to learn how to do in the morning?" Ideas include:

- Making her own breakfast
- Writing or selecting the daily affirmations for the week
- Getting himself dressed
- Creating a positive playlist
- Being the morning leader who gets everyone up and moving

