

# Habit Kraft

## Yoga Suite

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### SAMPLE

## 6. Social Skills & Self-Discipline – Building Confidence

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### Overview:

This session is designed to help children develop strong social skills and self-discipline, two essential elements for success in both personal and academic life. Through group activities, role-playing, and structured exercises, children will learn how to communicate effectively, collaborate with others, and develop emotional regulation. At the same time, they will practice self-discipline techniques, helping them stay focused and make positive choices. The content varies from session to session, focusing on different aspects of social interaction, emotional intelligence, and self-control.

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### What's Covered:

- **Effective Communication:** Activities that teach children how to express themselves clearly and listen attentively to others.
- **Empathy and Conflict Resolution:** Exercises that help children understand other people's feelings and resolve disagreements peacefully.
- **Teamwork and Collaboration:** Group activities that promote cooperation and working well with others.
- **Self-Control and Self-Regulation:** Techniques that teach children how to manage impulses, stay focused, and make thoughtful decisions.
- **Goal-Setting and Motivation:** Activities that encourage children to set personal goals and develop strategies for achieving them.

### What Are the Benefits:

- **Improved Social Skills:** Enhanced ability to communicate, collaborate, and build positive relationships with peers.

- **Stronger Emotional Intelligence:** Better understanding and management of emotions, both their own and others’.
  - **Increased Self-Discipline:** Strengthened ability to stay focused, control impulses, and follow through on tasks.
  - **Enhanced Problem-Solving Skills:** Improved ability to work through conflicts and challenges with patience and consideration.
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## **Sample Session Structure (60 Minutes)**

### **Introduction (5 mins):**

- Welcome your child and introduce the focus for the day: “Today, we’re going to work on building our social skills and self-discipline through fun activities!”
- Set the intention: “Let’s take a moment to focus on being kind, respectful, and patient with ourselves and others today.”

### **Warm-Up (5 mins):**

- **Simple Icebreaker Activity:** A quick game or question that gets the children interacting with each other and feeling comfortable.
- **Breathing Exercise:** A short breathing exercise to center focus and calm the mind, helping children prepare for the session ahead.

### **Core Practice (40 mins):**

#### **1. Communication and Empathy (10 mins):**

- **Role-Playing Activities:** Children practice different social scenarios, such as introducing themselves, asking for help, or apologizing.
- **Empathy Exercises:** Activities that help children put themselves in others’ shoes and understand how others might feel.

#### **2. Teamwork and Collaboration (10 mins):**

- **Group Games:** Activities where children work together to solve problems, encouraging teamwork and communication.
- **Sharing and Cooperation:** Structured exercises that require children to collaborate and share resources to reach a common goal.

#### **3. Self-Discipline and Focus (10 mins):**

- **Goal Setting Activity:** Children set a small personal goal for the session, such as staying focused during an activity or completing a task.
- **Impulse Control Exercise:** Simple activities that help children practice waiting their turn or resisting distractions.

**Cool-Down (10 mins):**

- **Reflection Time:** Ask children to reflect on the activities and share what they learned about social skills and self-discipline.
- **Mindfulness Relaxation:** A calming mindfulness exercise to help children unwind and process the session.
- **Positive Affirmations:** End with children repeating affirmations that reinforce the importance of kindness, patience, and self-control.

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**Key Takeaway:**

In this **Social Skills & Self-Discipline – Building Confidence** session, your child will practice important life skills, including effective communication, empathy, teamwork, and impulse control. Through engaging activities and role-playing, they will develop stronger social connections and learn how to manage their emotions and behavior in a positive way.

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Warm regards,

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