

# Habit Kraft

## Yoga Suite

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### SAMPLE

#### 9. Positive & Uplifting Support Center

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##### Overview:

This session is designed to create a positive and supportive environment where children feel encouraged to express themselves, build self-confidence, and thrive in their personal development. Through uplifting activities, praise, and a focus on individual strengths, this session helps children cultivate a mindset of positivity, resilience, and self-belief. The content varies from session to session, focusing on different aspects of self-esteem, personal growth, and fostering a supportive community.

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##### What's Covered:

- **Positive Affirmations and Self-Talk:** Teaching children the power of positive thinking and how to use affirmations to boost self-esteem and confidence.
- **Strengths and Talents Recognition:** Helping children identify their strengths and celebrate their achievements, no matter how big or small.
- **Encouragement and Praise:** Creating an atmosphere where children are supported and encouraged to take risks, try new things, and learn from their experiences.
- **Building Self-Confidence:** Activities and practices that empower children to believe in themselves and take pride in their abilities.
- **Creating a Supportive Environment:** Helping children understand the importance of surrounding themselves with positive, uplifting influences and being kind to others.

##### What Are the Benefits:

- **Improved Self-Esteem:** Children will develop a stronger sense of self-worth, knowing their value and potential.

- **Increased Confidence:** Encouragement and praise help children believe in their abilities and face challenges with courage.
  - **Stronger Social Connections:** By practicing positivity and kindness, children build better relationships with peers and adults.
  - **Resilience and Persistence:** A positive mindset helps children bounce back from setbacks, keeping them motivated to continue pursuing their goals.
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## **Sample Session Structure (60 Minutes)**

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

- Welcoming your child and introduce the focus for the day: “Today, we’ll explore the power of positivity and self-belief. We’re going to learn how to talk kindly to ourselves and celebrate our strengths.”
- Setting the intention: “Let’s start by focusing on one positive thing we can say about ourselves.”

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

- **Affirmation Practice:** Have the children repeat a positive affirmation, such as “I am smart, I am kind, I am capable.”
- **Mood Check-In:** Encouraging children to share how they’re feeling and practice recognizing their emotions in a positive way.

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

#### **1. Positive Affirmations (10 mins):**

- **Affirmation Exercise:** Guiding children in creating their own positive affirmations that they can use every day to build confidence.
- **Mirroring Exercise:** Encouraging children to stand tall, look in the mirror, and say positive things about themselves.

#### **2. Strengths and Talents Recognition (10 mins):**

- **Strength Sharing:** Asking children to share one thing they are really good at and encourage them to celebrate this talent.
- **Talent Showcase:** Giving children the opportunity to demonstrate something they enjoy or excel at, whether it's drawing, singing, or problem-solving.

#### **3. Encouragement and Praise (10 mins):**

- **Compliment Circle:** Have children take turns offering each other compliments, focusing on their abilities, kindness, or efforts.
- **Supportive Challenge:** Encouraging children to try something outside their comfort zone, providing praise for their efforts, regardless of the outcome.

#### 4. **Building Self-Confidence (10 mins):**

- **Resilience Activity:** Providing a scenario where children can practice facing a challenge and discuss how they can approach it with confidence.
- **Self-Empowerment Exercise:** Encouraging children to make a list of things they love about themselves and how these qualities help them succeed.

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

- **Reflective Moment:** Asking children to reflect on one thing they learned today about themselves or something they feel proud of.
- **Visualization:** Leading children in a visualization where they imagine themselves succeeding in a task or overcoming a challenge with confidence.
- **Closing Affirmations:** End the session with a group affirmation, such as “We are all capable of great things,” and encourage children to say this to themselves at the end of each day.

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#### **Key Takeaway:**

In this **Positive & Uplifting Support Center** session, your child will learn the importance of positive self-talk, celebrating their strengths, and building confidence. By embracing a positive mindset, children develop the resilience and belief in themselves needed to face challenges and achieve their goals.

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Warm regards,

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