

Topic: Accurate Self-Perception

Breathe

We are all here to be ourselves, and ourselves only. Unique Mindfulness Breathing is a guided reminder of how being unique is a gift. This is specifically written to empower children to remember how amazing we all truly are.



Learn

Henry Ford famously said, "Whether you think you can, or you think you can't-- you're right."

Accurate self-perceptions are so very important because what we tell ourselves everyday becomes our reality. Click below to learn a little more...



Move

Today's workout challenge is to try some dance moves that may be new to you. Here's a Bollywood-inspired cardio dance you can have a blast with while burning calories.



Grow

Activity: Have each family member write answers for themselves and how they see each family member. Do you see yourself how others see you? Do your answers match?

1. What am I good at?
2. What am I bad at?
3. What makes me happy?
4. What stresses me out?
5. What's are 3 words to describe me?
6. How do I want others to see me?
7. What makes me afraid?
8. What makes me laugh?
9. What makes me angry?
10. What do I like most about myself?
11. What am I most proud of?
12. What are my most important values?