

Supercharge Your Self-Worth

Facilitator Guide

Tiempo Tranquilo **teaches children to recognize and name emotions and introduces mindful strategies like deep breathing to manage strong emotions in a healthy way. This flexible workshop is designed to help caregivers, parents, and educators support children 4-8 in developing emotional regulation skills, confidence, and self worth.**

Workshop Goals

- **Explore the relationship between emotions, thoughts, and what a child thinks about themselves.**
- **Learn breathing strategies to help calm our bodies and minds.**
- **Practice positive affirmations to build confidence and self-worth.**

Important Links and Materials

- **Affirmation bracelets template**
- **Placemat coloring sheet**
- **Stickers**
- **Chart paper**
- **Markers**
- **Chime, timer, or other way to bring the group back together**

Matching Card Activity

- **Matching cards printed on cardstock**
- **Ziploc baggies or rubber bands**

Me Masterpiece Activity

- **One-pager**
- **Construction paper**
- **Magazines**
- **Markers**
- **Crayons**
- **Scissors**
- **Glue**
- **Suggested: Me Masterpiece exemplar**

Book Recommendations

- ***When I Feel (Loved, Scared, Happy, Angry, Surprised, Sad)*** by Paula Bowles
- ***It's Ok to be Different*** by Todd Parr

Note on Surveys

We've included optional pre and post survey samples for your use below. Encourage families to complete the pre-survey, if you choose to include one. Completing the pre-survey is essential as data collection allows you to identify the impact of the workshop. Remember to inform parents that there will be a parent/caregiver post-survey at the end of the workshop as well.

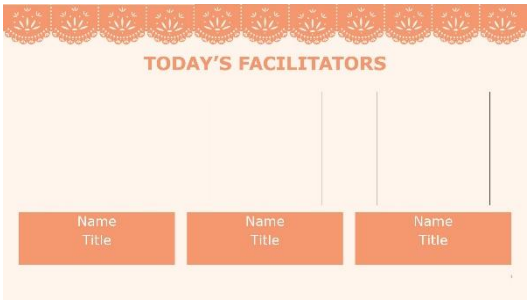
Sample Survey Questions

Pre-Survey

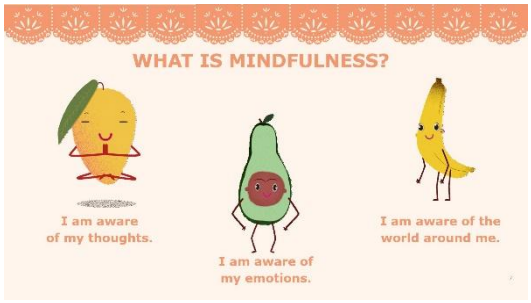
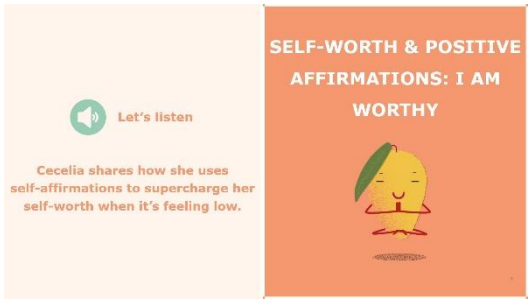
- **Parent/guardian name**
- **Email address**
- **I feel confident creating opportunities for my child to practice mindfulness and guided breathing. (*Very confident, somewhat confident, neutral, not very confident, not confident at all*)**
- **I feel confident in my ability to have conversations that involve calming big emotions through mindfulness practices like guided breathing. (*Very confident, somewhat confident, neutral, not very confident, not confident at all*)**
- **Where are you attending this workshop today?**

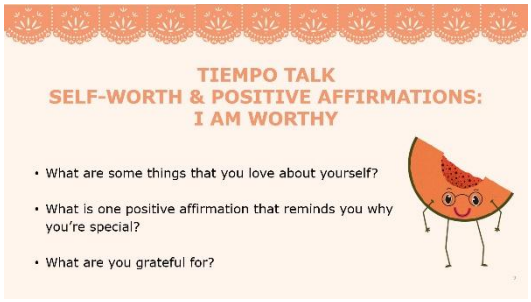
Post-Survey

- **Parent/guardian name**
- **What will you try at home that you learned in the workshop?**
- **After participating in the workshop, I feel MORE confident creating opportunities for my child to practice mindfulness and guided breathing. (*Very confident, somewhat confident, neutral, not very confident, not confident at all*)**
- **After participating in the workshop, I feel MORE confident in my ability to have conversations that involve calming big emotions through practices like guided breathing. (*Very true, moderately true, somewhat true, not true at all*)**
- **The activities motivated me to think of creative ways to model practices with my child like mindful breathing and calming exercises at home. (*Very true, moderately true, somewhat true, not true at all*)**
- **I believe today's workshop activities will help me practice mindfulness and breathing exercises with my child. (*Very true, moderately true, somewhat true, not true at all*)**
- **I learned new ways to make talking about big emotions and feelings easy to understand, fun, and engaging for my child. (*Very true, moderately true, somewhat true, not true at all*)**
- **The workshop was organized, and the facilitators were knowledgeable and clearly explained information. (*Very true, moderately true, somewhat true, not true at all*)**
- **What was your favorite part of the workshop?**

BLACK: NOTES **MAROON: SAY**	
Slide 1: Introduction • Welcome families to the workshop and invite them to sit wherever they would like. **TIP:** Set out the *Tiempo Tranquilo* Learning Placemats for sharing a meal or snack as families walk into the setting to set the tone. This hands-on workshop is part of *Tiempo Tranquilo*, which means "tranquil time" in Spanish. It is a bilingual immersive mindfulness podcast for families with children ages 2–8 and beyond to help them navigate the big feelings of life through storytelling and guided breathing exercises. There are 16 episodes in total, 8 in English and 8 in Spanish, and they range from 6-8 minutes in length, perfect for a car ride or to listen to while you're cooking dinner together.	
Slide 2: Pre-survey (Optional) • Ask families to fill out the presurvey as they get settled into their seats. Please take a moment to fill out the presurvey. This helps us continue to bring you these workshops and make improvements.	
Slide 3: Today's Facilitators (Optional) • Share your name, your role, and a bit about your background that relates to today's session. Welcome! We are excited to have you with us this morning. Let me introduce our team of facilitators for the day.	

Slide 4: Learning Goals • Review the 3 objectives for today's family workshop. Today, we'll explore the relationship between a child's emotions and how they feel about themselves. We'll also learn some breathing strategies that we can use when we feel overwhelmed, and we will practice affirmations to remind us of our strengths. Families play a crucial role in nurturing a positive self-image for children at home, and we want to provide you with a few resources as support.	
Slide 5: Today We Will • Provide an overview of today's workshop to help families understand the flow of the session. Today, we will listen to part of an episode, play an affirmation memory game, and make a Me Masterpiece and an affirmation bracelet.	
Slide 6: Mindful Moment: Star Fruit Breathing • Take a moment to practice star fruit breathing together as a group. • This mindful moment offers everyone a chance to practice a breathing strategy to add to their toolkit. Let's start off by calming our bodies and minds by taking some deep breaths. We're going to practice some star fruit breathing. Start by holding your left hand up with your fingers spread apart. Why do you think this might be called star fruit breathing? (Allow for a response.) Use your index finger on your right hand to trace up and down your fingers. Starting with your thumb, breath in as you use your index finger to trace up your thumb.	

Breathe out as you trace down your thumb. Repeat on your remaining fingers on your left hand. Notice how your body feels now that we've taken some deep breaths. How do you feel? (Allow for responses.)	
Slide 7: What Is Mindfulness? • Offer a basic explanation of mindfulness to establish a starting point for families who may be new to the idea. Mindfulness is being aware of our thoughts, feelings, and the world around us. (Ask families to repeat after you as you say the statements below and their accompanying gestures.) "I am aware of my thoughts." (Place both of your hands on the top of your head.) "I am aware of my emotions." (Place both of your hands on your heart.) "I am aware of the world around me." (Use both hands to make a circle around your body to represent the world.) This awareness can include taking a deep breath in and out to help your body feel calm and relaxed when you are experiencing a strong emotion. Can you think of ways you have practiced mindfulness at home or school?	
Slide 8: Listen to Today's Episode • Play a clip of the *Tiempo Tranquilo*, "Self-Worth & Positive Affirmation" episode for families, this serves as the anchor for today's learning. Click the teal button on the slide. **<u>TIP:</u>**	

• If the audio clip on the slide does not work for any reason, use one of the links below. For the English episode, play from 2:16-4:51. LINK: Self-Worth & Positive Affirmations podcast **OR** URL: www.kera.org/podcasts/tiempo/episode-7-self-worth-positive-affirmations-i-am-worthy/ Now that our bodies and minds are calm, let's listen to a segment of the *Tiempo Tranquilo* podcast. Today's episode is called *I am Worthy: Self-Worth & Positive Affirmations*. As you listen, you can continue to color on your placemat or sit comfortably in your chair or on the floor. Our friend Cecelia didn't do well on a test at school, and it made her feel really bad about herself. Let's listen to how Cecelia feels and what she does about these sad and negative feelings.	
Slide 9: Tiempo Talk: Whole Group Discussion • Discuss the episode contents with families and children using the provided discussion questions, this is the first part of the exploration of emotions and self-regulation. • As a facilitator, aim to understand the strategies that families are already using to navigate strong emotions such as anger. **TIP:** Have chart paper ready to write the participants' answers for others to see. In the *Tiempo Tranquilo* podcast episode, Cecelia, our host, was feeling low and upset that she didn't get the best grade on a test. Has anyone ever experienced being sad or feeling	

like you weren't smart enough? I've been there myself, but what I love about Cecelia is that she took the time to step back and calm down using her mindfulness activity and reflect on her situation. (Lead into discussion questions). Cecelia uses her three Super Strengths and says it three times. What are your Super Strengths? As you share them out, I'll add them to this chart paper, and we can create a bank of affirmations. Let's go! (Encourage participants to share their responses and add them to the chart tablet.)	
Slide 10: Affirmation Matching Card Game • Pass out 1 set of cards per child. We heard Cecelia use affirmations in the podcast. Positive self-talk is a great way to remind us of our strengths. Some people like to repeat affirmations to themselves as daily reminders of how special and important they are. Let's play a matching game to learn some new affirmations. You will cut all of the cards. You should have 16 in total. Place the cut-up cards face down. Take turns flipping over two cards. If they match, set them aside. If they don't flip them back over. Don't forget to read them aloud, whether they match or don't. You can never have enough positive self-talk! We will play for ___ minutes. I'll call you all back together when it's time. **<u>TIPS:</u>** • If you would like to modify the game, pick 4 sets to play with (8 cards total). • Kids who are not reading yet can play by matching the images on the cards, but they can still repeat the affirmation that is written on the card. • As an extension, families can also use these cards to talk with their child(ren)	

about times when they've been helpful, strong, etc.	
Slide 11: Mindful Moment: Teddy Bear Breathing • Take a moment to practice teddy bear breathing together as a group. • This mindful moment offers everyone a chance to practice a breathing strategy to add to their toolkit. Before we listened to the podcast, we learned a breathing strategy. What was the name of it? (Star fruit breathing). Let's have another mindful moment together with a breathing exercise called Teddy Bear Breathing. ·Grab your stuffed animal, hoodie, or whatever brings you comfort. ·Find a comfortable position; you can sit, stand, or lie down. ·Hold or place your stuffed animal on your belly. ·Breathe in and notice how your stuffy rises on your belly with the inhale. ·Breathe out, notice how your teddy lowers on your belly with the exhale. Repeat at least two more times with deep breaths	
Slide 12: Me Masterpiece Craft • Introduce the activity to families and pass out supplies. Remember that cool mindfulness game we played with affirmations that we can use at home? Well, now we have the chance to create a self-portrait while developing a positive self-image. We are going to make a collage of pictures that represent what makes each of you unique.	

While you're working to create this Me Masterpiece, think about what you can include about yourselves in your collage, such as your big smile, your glasses or your curly hair. Do you want to add things you like to do around your masterpiece? Soccer ball, paintbrush for painting, etc.? Be sure to talk about how you are feeling and your emotions as you create your Me Masterpiece.	
Slide 13: Let's Reflect & Share • Use your attention grabber or call back strategy to bring the group back together to share with one another. You all made some incredible creations, and I heard lots of positive self-talk while you were working. Let's share our Me Masterpiece with two new friends and tell them how you and your family plan to use mindfulness to feel calm when feeling big emotions.. Where will you hang your masterpiece? Thank you all for sharing! We hope you have learned some new mindfulness strategies and have identified your super strengths in order to have more positive self-talk!	
Slide 14: Post-survey (Optional) • Ask families to fill out the post-survey before leaving the workshop. Please take a moment to fill out the post-survey. We'd love to hear what you thought of today's workshop! As we mentioned at the beginning, this helps us and the KERA team, who provide the materials, to continue to bring you these workshops and make improvements.	

Slide 15: Thank you for joining us! • Thank families for joining your workshop and invite them to check out more episodes of *Tiempo Tranquilo*. Thank you for joining us today! We hope you enjoyed your time with us and learned new strategies to manage big emotions anytime, anywhere! If you would like to learn more about *Tiempo Tranquilo*, scan the QR code for more episodes.	
Slide 16: Credits	