

As you get started on your **journey to happiness**, here are **three** mind care reminders to help take care of your mind EVERY day.

You will learn more about these and much more throughout the program.

### 1. Calm the mind by noticing (Attention)

Helping a child be **mindful** of what is inside their **mind**, inside their **body** and around them by asking them to **calm** their mind.

Perhaps this happens as part of a bedtime or morning routine. The key is to add it to a **routine** so that it happens EVERY day.

Calming the mind could look like one of the following:

- *Noticing* the toothbrush **touching** every tooth while brushing.
- *Noticing* the **sensations** of the body when sitting on the bed just before reading a bedtime book.
- *Noticing* the **feeling** of food going into the mouth while eating breakfast.
- *Noticing* **thoughts** passing through the mind, like clouds, before going to sleep.

### 2. Set a motivation for the day (Balance)

When a child is in the **habit** of beginning EVERY day with a motivation or intention, they will move forward with more deliberation during their day and in their life.

The motivation can be as simple as **expecting something wonderful** or being friendly at school.

### 3. Share happiness (Connection)

*Sharing* happiness and kindness builds **compassion** in children. An **open heart** will guide a child more in their day than any other teaching will during their lifetime. Ask the child to wish for **happiness** EVERY day. They might say the following:

“May I be **happy** and have *causes of happiness*.”

“ May Mommy/Daddy/Sister/Brother/ Aunties/Uncles be **happy** and have *causes of happiness*.”

“May all people be **happy** and have *causes of happiness*.”

