

## General Version

- ❖ Identify something that happens several times a day in a child's life, such as a text alert, dog barking, handwashing, or logging on to a laptop/tablet. Let children decide which regular happening or activity to pick for a day or week. *This is their cue.*
- ❖ Decide on a short spiritual affirmation or prayer that they are comfortable saying several times a day. Keep it to 10 words or less. Examples: *My life has purpose.. Thank you, Holy One, for life. The world is an amazing place. Lord, have mercy. I will be joyful. We will overcome.* For young children: *Yay, world! I am good. God loves me.*
- ❖ Ask them to say their affirmation or prayer each time they hear or enact their cue. They can speak it out loud or repeat it in their head.
- ❖ Encourage them to take a deep breath in and out after they say their affirmation or prayer to let their words sink into their body and mind.
- ❖ Check in with them at the end of the day or week to talk about their experiences and decide whether to continue the practice, using the same or a different phrase.