



Strengths



1. Take a moment to recall one of your top character strengths.

(Parent Meditation: Select one of your child's strengths)

2. Place the rock in the palm of your hand and close your eyes.
3. Take a deep breath - inhaling through your nose and then exhaling through your mouth. Slowly repeat three times.
4. Think about the strength you chose ...
 - How is this strength utilized within everyday activities?
 - How do you feel when you are working from this strength?

(Parent Meditation: How do you feel when you notice your child's strength in action?)

- How does this particular strength impact your relationships?

(Parent Meditation: Consider how you might intentionally recognize this strength in your child. How could you offer them positive praise?)

5. Repeat three deep breathing exercises (See Step #3).
6. When ready, open your eyes and slowly become aware of your environment.

Take this rock with you and practice this meditation as a way of becoming more intentional in your interactions with yourself and others in the midst of a busy day.