5 Mindset Power-Ups

Fun Activities to Build Your Child's Confidence at Home

1 2 3 4 5

For Ages 6–12

A Gift from Susan

Certified WISDOM Coach

Welcome!

Dear Parent,

Thank you for downloading this guide! As a Certified WISDOM Coach, I work with children and families every day, and I can tell you this with confidence: mindset skills are the single most important thing your child can learn.

Academic knowledge matters, of course. But the ability to believe in yourself, bounce back from setbacks, and approach challenges with courage—these are the skills that determine whether a child truly thrives.

> **"A child who knows how to manage their mindset can handle anything life throws at them."**
>
> — Susan, Certified WISDOM Coach

The 5 activities in this guide are a taste of what WISDOM Coaching can do for your family. Each one is designed to be fun, easy to do at home, and powerful in building your child's inner confidence. No special materials needed—just a few minutes and your willingness to join in.

How to Use This Guide

1. **Pick one activity** to start with—no need to do all five at once.
2. **Make it playful!** These work best when they feel like games, not homework.
3. **Join in yourself.** When your child sees you doing these, they learn even faster.
4. **Be patient.** Mindset shifts take time. Celebrate small wins along the way.
5. **Have fun!** Connection and joy are the real secret ingredients.

Ready? Let's power up those mindsets!

1 Power Words Mirror

Ages 6–12 | 5–10 min | Builds: Self-Talk Skills

Words have power—especially the ones we say to ourselves! This simple activity helps your child start each day by hearing something wonderful about who they are. When positive words become part of the morning routine, they become part of how your child sees themselves.

How to Do It

1. Sit down together and ask your child: "What are 5 amazing things about you?" Help them brainstorm if needed—things like "I am kind," "I am brave," "I am a great friend," "I am creative," or "I work hard."
2. Have your child write each statement on a separate sticky note. Let them decorate the notes with colors or drawings!
3. Together, stick all 5 notes around the edges of the bathroom mirror where your child gets ready each morning.
4. Each morning, your child reads all 5 statements out loud while looking at themselves in the mirror. Encourage them to say it like they mean it!
5. Every 2 weeks, swap out some sticky notes for new "power words" as your child discovers more great things about themselves.

Coach's Tip from Susan

Join in! Put your own power words on the mirror too. When kids see parents practicing positive self-talk, it normalizes the habit and makes it feel less awkward. You might be surprised how good it feels for you, too.

2 The Thought Detective

Ages 6–12 | 5–10 min | Builds: Mindset Shifting

Kids (and adults!) often believe every thought that pops into their head. This activity teaches your child that thoughts are not always facts—and that they have the power to question unhelpful thinking and choose a better perspective.

How to Do It

1. When your child expresses a negative thought (like "I'm terrible at math" or "Nobody likes me"), put on your detective hats together!
2. Ask: "Let's investigate! Is this thought 100% true? What's the evidence?" Help them look for facts, not feelings.
3. Ask: "Is there another way to look at this?" Guide them to find alternative perspectives—like "Math is hard sometimes, but I'm getting better" or "My friend Maya invited me to play yesterday."
4. Ask: "What would you tell your best friend if they had this thought?" Kids are often kinder to friends than to themselves.
5. Help your child create a new, more balanced thought to replace the old one. Write it down if that helps!

Coach's Tip from Susan

Make it playful, not preachy. Use a fun detective voice, pretend to take notes, or even create a "Detective Notebook" where your child writes down thoughts they've investigated. The more fun it is, the more likely they'll use this skill on their own.

3 Dream Board Mini

Ages 6–12 | 10–15 min | Builds: Goal-Setting & Visualization

Big dreams start with small, visible goals. This mini dream board helps your child practice setting intentions and visualizing success—a skill used by top athletes, entrepreneurs, and leaders around the world. The best part? It's fun and creative!

How to Do It

1. Give your child a piece of paper or cardstock (letter size works great). Gather markers, crayons, magazines for cutting, stickers—whatever they enjoy!
2. Ask: "What are 3 things you'd love to achieve or experience this month?" These can be big or small—learning a new skill, making a new friend, finishing a book, being braver at recess.
3. Have your child draw, write, or cut out pictures that represent each goal. Encourage them to make it colorful and personal.
4. Post the dream board somewhere your child sees it every day—bedroom wall, bathroom door, or refrigerator.
5. Check in weekly: "How's it going with your dream board goals?" Celebrate progress, no matter how small!

Coach's Tip from Susan

Keep goals achievable and within your child's control. "Get an A+ on every test" can feel overwhelming, but "Study for 15 minutes every day" is empowering. Help your child focus on effort-based goals rather than outcome-based ones.

4 The Gratitude Jar

Ages 6–12 | 5 min daily | Builds: Gratitude Mindset

Gratitude is one of the most powerful mindset tools there is. Research shows that people who practice gratitude regularly are happier, more resilient, and more optimistic. This family activity builds that muscle in a way that brings everyone closer together.

How to Do It

1. Find a jar, box, or container and decorate it together. Label it "Our Gratitude Jar" and make it special!
2. Each evening (or morning), every family member writes one thing they're grateful for on a small slip of paper and drops it in the jar.
3. Younger kids can draw pictures or dictate to a parent. The key is that everyone participates—including you!
4. Every Sunday (or pick your own day), gather as a family and take turns reading all the slips from the week.
5. Watch the jar fill up! At the end of each month, read through the whole month's slips and celebrate all the good things in your lives.

Coach's Tip from Susan

Encourage specific gratitude rather than generic. Instead of "I'm grateful for my family," try "I'm grateful Mom made my favorite dinner tonight" or "I'm grateful my brother helped me with my puzzle." Specific gratitude is more powerful and helps kids really notice the good moments in their day.

5 Brave Challenge of the Week

Ages 6–12 | 5–15 min | Builds: Courage & Resilience

Courage isn't about not being scared—it's about doing something even when it feels scary. This weekly challenge helps your child practice bravery in small, safe ways, building the confidence to take on bigger challenges over time.

How to Do It

1. Each Monday (or any day you choose), sit down together and ask: "What's one thing that feels a little scary that you'd like to try this week?"
2. Help your child pick something that's challenging but safe—raising their hand in class, trying a new food, talking to someone new, doing a cartwheel, or performing a talent for the family.
3. Write the Brave Challenge on a card or sticky note and put it somewhere visible. This makes it feel official and exciting!
4. Throughout the week, check in and encourage. Remind your child: "Being brave doesn't mean not being scared. It means doing it anyway!"
5. At the end of the week, celebrate their courage together—whether they completed the challenge fully or just took a step toward it. Every bit of bravery counts!

Coach's Tip from Susan

Never force a challenge your child isn't ready for. The magic is in them choosing what feels brave to them. What seems easy to an adult might be terrifying for a child. Honor their courage, no matter how "small" the challenge seems. And share your own brave challenges too—it shows them that bravery is a lifelong practice.

Ready to Go Deeper?

Take Your Child's Confidence to the Next Level

These 5 activities are just the beginning. In WISDOM Coaching, we go much deeper—helping your child build a rock-solid mindset, unshakeable confidence, and the resilience to handle whatever comes their way.

Whether your child is struggling with self-doubt, anxiety about school, friendship challenges, or just needs a confidence boost—I am here to help.

What WISDOM Coaching Offers

- One-on-one coaching sessions tailored to your child's needs
- Proven techniques to build confidence, courage, and resilience
- Tools your child can use for life—not just quick fixes
- A supportive, fun environment where kids feel safe to grow

Let's Connect!

Susan

Certified WISDOM Coach & Mental Health First Aid Instructor

wisdomcoachsusan@gmail.com

Every child deserves to know how powerful they truly are. I would love to help yours discover that.

With warmth and encouragement,