

Daily Intention

Setting a daily intention can be impactful for people of all ages but especially children. A daily intention can help reduce stress and give purpose to daily activities. It helps the child be more focused and mindful throughout the day. Adults can help a child keep the daily intention by redirecting and revisiting the intention often.

Each morning to help your child set a daily intention, ask them questions:



What makes you the happiest?
What do you want to accomplish today?
What would you like to get out of this day?
What are you struggling with?
What matters most to you?

Once you have asked thought provoking questions, have your child think about what those questions look like in action. The daily intention that your child decides on should be a word or phrase that motivates them to action. **If your child is young, give them a choice of 5-7 intentions to choose from.*

Once your child has decided on an intention, it is time to give it mindful focus. Sit quietly with your child and have them think about their word or phrase as they take in 3 deep breaths. After those deep breaths, have your child close his/her eyes and ask the following questions. **If your child is young, tell them what you think about that intention and how you believe that they can demonstrate that intention.*

What does your intention mean to you?
How will you demonstrate that intention today?

Then prompt your child to focus on what he/she is feeling at that moment. You can ask the following.

Do you feel the floor underneath you? What sounds do you hear? Is your body warm or cold?

Have your child focus on their word for a little longer in silence. After a short period of time have them gently open their eyes. It's time to start the day! Do this with your child until he/she is ready to take on the practice by themselves.

Sample Intentions by Age

3 years - 5 years

- Walking feet
- Helpful
- Kind words
- Calm body
- Hands to self
- Listening Ears
- Share
- Grateful
- Brave
- Smile

Elementary School

- Full of joy!
- Responsible
- Relax
- Trust
- Strong
- Generous
- Kind
- Flexible
- Dependable
- Share
- Brave
- Hope
- Appreciate others

Middle School

- I intend to be joyful
- I intend to be valued and see value in others
- I intend to be grateful
- I will be generous
- I intend to be happy from the inside out
- I believe in myself and others
- I will show kindness
- I will keep an open mind and not judge
- I will forgive
- I will be flexible
- I will be honest
- I will be humble
- I will persevere
- I will enjoy small moments
- I have hope
- I will be happy from within

High School / Adult

- I will persevere
- I am capable
- I have integrity
- I will have balance
- I intend to be valued and see value in others
- I will show gratitude
- I have and share hope
- I will find joy
- I will seek truth
- I will be calm