



# BOLD SELF: BASICS FOR KIDS

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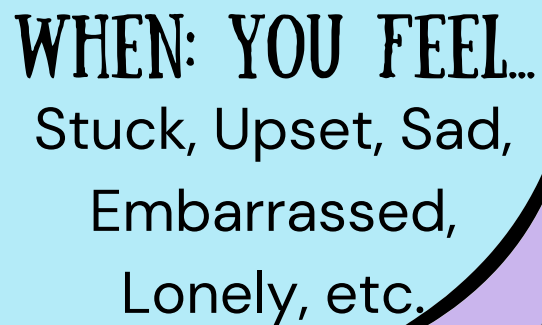
# TOOLS FOR TRANSFORMATION

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# TOOLS FOR TRANSFORMATION



**TOOL:**  
Choice Line



**WHEN: YOU FEEL...**  
Stuck, Upset, Sad,  
Embarrassed,  
Lonely, etc.

## STEPS :

### 1. **STOP**

- Close your eyes, take a deep breath in and out, bring up the emotion that is triggering you / coming up for you.
- (*Example: frustration*)

### 2. **Look**

- At yourself / the other person / or the event

### 3. **Look Deeper**

- Is that really true? Can you see yourself / the other person / or the event from a different perspective?

### 4. **Choose (Make a choice for yourself)**

- I don't want to look, I don't want to hear it
- I am genuinely listening
- I hear you, I see you / me / it (and smile)
- I love you, I surrender (give yourself / other person a hug)

### 5. **Take Action**

- Act on your choice

# TOOLS FOR TRANSFORMATION



## STEPS :

### 1. Let yourself feel the emotion

- (Example: sadness)

### 2. Say your name, what you're feeling, and give yourself love!

- My name is \_\_\_\_\_.
- Sometimes, I can feel sad, and (any other feeling that comes up).
- And I love myself anyways!

### 3. Jump around & Shake your body all over.

### 4. End with Gratitude:

- I love myself for \_\_\_\_\_.
- I am grateful for \_\_\_\_\_.

# TOOLS FOR TRANSFORMATION

**TOOL:**

Mirror Mirror

**WHEN:**

To support  
positive self  
image

## Steps :

1. **Look into a mirror.**
2. **Look *deep* into your eyes.**
3. **Say a positive affirmation to yourself.**
  - Start simple if it feels challenging.
  - Examples : I am a good friend, I am kind. My muscles are strong.
4. **In your journal or notebook, write about how the activity went - How did you feel doing it?**
  - Example 1 : The activity was *fun* because I was smiling and my face looked beautiful.
  - Example 2 : The activity was *challenging* because I don't like how my hair looks, I didn't want to look in the mirror.