

Mantras for Kids

Why use mantras?

Regular use of mantras can promote self-regulation, build confidence, foster resilience, reduce stress/anxiety, and enhance connection to yourself and others.

Short Mantras We LOVE

These can be modeled (use them yourself to show your kiddo how its done), said to your child, or done together depending on the moment.

Words	Actions
I am safe. I am loved. Can also be: You are safe, I love you.	Place your hand over your heart
I/we/you can do hard things!	Fist pump/cheer/stomp feet
Let it go.	Grip fists tightly then release (almost like holding and releasing a balloon)
One thing/day at a time.	Hold up 1 finger, pretend to blow it out like a candle
I am kind.	Self hug/arms squeeze
This is a tough moment, but I/we can get through it.	Deep breath in through your nose, out through your mouth

