

Creating your daily intention: a step-by-step guide for kids



What is an intention? An intention is a small promise you make to yourself about how you want to be today. It's a simple way to show up, not a big goal.

How are intentions helpful? Setting a daily intention can help us start the day on the right track. Intentions can help us stay positive even when we are having a tough day.

Use the seven steps below to get started!

● **Step 1: Stop and breathe (30 seconds).**

Sit or stand still. Take two slow breaths in... and out... Say, "I'm ready."

● **Step 2: Notice how you feel.**

Ask: "How do I feel right now?" (Happy, tired, worried, excited?) Naming your feelings helps.

● **Step 3: Pick one small, kind thing to focus on.**

Choose one easy thing you can do today. Keep it simple. Examples:

- "Be kind to myself."
- "Try one new thing."
- "Ask for help if I need it."

● **Step 4: Make it short and positive.**

Say it like a tiny promise: "Today I will ____."

Some examples: "Today I will be patient." "Today I will take deep breaths when I'm upset."

● **Step 5: Add a tiny action (optional).**

Put one small step after it so it's easy to remember:

"Today I will listen. I'll look at the speaker and nod."

● **Step 6: Say it out loud or draw it.**

Tell yourself, tell a grown-up or draw a quick picture of your intention. Saying it helps it stick.

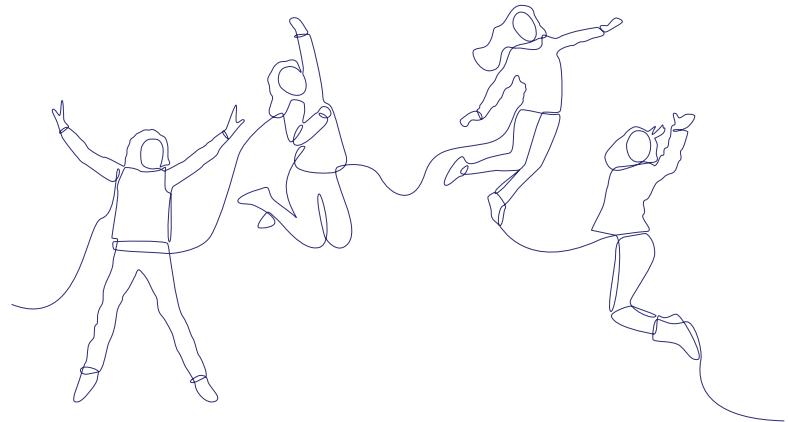
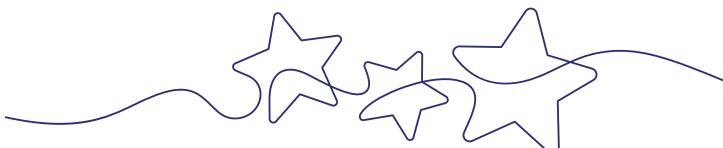
● **Step 7: Check in once during the day.**

At lunchtime or before bed, ask: "Did I try my intention today?" If yes, celebrate! If not, that's okay, too. Try again tomorrow.

Don't know where to begin?

Here are 20 daily intentions for children to consider.

1. Today I will try my best, even when things feel hard.
2. I will speak kindly to myself.
3. I will be a good friend to others.
4. I will ask for help when I need it.
5. I will take deep breaths when I feel upset.
6. I will notice moments that make me happy.
7. I will use kind words with others.
8. I will listen with my whole body.
9. I will be brave and try new things.



10. I will practice being patient.
11. I will treat my body with care.
12. I will look for the good in today.
13. I will stay curious and ask questions.
14. I will own my mistakes and keep going.
15. I will take time to rest when I need it.
16. I will choose to be honest.
17. I will celebrate small wins.
18. I will practice being grateful.
19. I will try to solve problems calmly.
20. I will be proud of who I am.

Intention tracker

Use this calendar to write down and keep track of your daily intentions.

Optional: Rate your mood on a scale of 1-10 at the beginning and end of the day.

(Mood Scale Guide: 1= low mood/sad/struggling. 10= energized/happy/fulfilled.)