



# CONSCIOUS PARENTING

— SEMINARS —

## HEARTMATH®'S SHIFT AND SHINE for children

### STEPS:

1. Begin by putting your attention on the area around your heart or the center of your chest. It helps to put your hand over your heart area. (Model by putting your hand over your heart or you can also use a favorite stuffed animal or doll)
2. Now pretend to breathe in and out of your heart. Take three slow breaths. (Model the breathing)
3. Think of someone or something that makes you feel happy, like your mom or dad, a pet or maybe a special place that you like to visit ... a park, playground or friend's house.

Feel that happy feeling in your heart and then shine that happy feeling to someone or something special.  
(Let the child experience the feeling for a few seconds.  
The length of time will increase with each exercise!)