

The 5 Pillars of Life for Kids

Pillars every kid must balance for daily peace & happiness



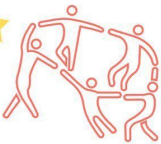
Spirit

Sit in quiet stillness with your kids for 1 minute. Close your eyes. Pay attention to your body. Imagine floating on a cloud.



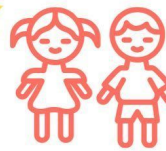
Emotions

Start your day by asking each other: "How are you feeling today?" "How else do you want to feel?"



Body

Go for a quick walk around the block with your kids. Or... have a post dinner dance party to one song.



Relationships

Say something kind to someone you love at the end of each day.



Mind

At the end of each day, ask your kids: "What was your favorite thing about today?" (this guides a positive a mindset)