

MINDSET4MINIS:

# 5 Fun and Simple Activities to Help Your Child Develop a Positive Mindset, Confidence, and Curiosity

# WELCOME!

Welcome to the Mindset4Minis Journey! Parenting is one of the most important jobs, and shaping a child's mindset early on sets a foundation for growth, positivity, and confidence. This guide shares five simple, engaging activities designed to help tiny humans practice gratitude, visualize their dreams, and develop self-confidence in a fun and age appropriate way.



In this bundle I have included all of the extra resources needed to make it simple and prep free for you to dive into each Mindset4Minis activity with your little one.

All of your ready-made bonus resources are **HERE.**



## WHY MINDSET GROWTH MATTERS FOR KIDS...

The foundational years are a critical time to help children develop self-love, positive thinking, and curiosity. These qualities empower them to take on life's challenges with a smile, build strong inner confidence, and see the world as a place of infinite possibilities.

# WHAT TO EXPECT...




In this guide, you'll find five powerful, fun activities designed to help nurture positivity, confidence, and gratitude in your little one. These simple practices are all about creating meaningful moments that support their growth and help them see the world as a place filled with possibilities.

Let's get started!

## HERE'S A SNAPSHOT OF THE ACTIVITIES IN THIS GUIDE:

01. The Magic Jar for Gratitude

    Encourage your child to recognize the good in each day by filling a special jar with "gratitude treasures." This activity introduces the power of gratitude in a fun, visual way.

02. Goal Sticker Chart

    Help your little one celebrate small accomplishments with a sticker chart that rewards positive actions. This simple tool builds confidence and shows that every small effort counts.

03. Superhero Poses for Confidence

    Teach your child to feel strong and brave with a fun superhero pose that they can use anytime they need a confidence boost. This activity promotes self-assurance through posture and play.

04. Dream Drawing Time

    Let your child's imagination shine as they draw their dreams and goals. This activity encourages creative expression and introduces them to the power of visualization.

05. Positive Affirmation Songs

    Make affirmations fun by turning them into a simple, catchy song. This helps your child build a positive inner voice and strengthens their self-confidence.

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# MAGIC JAR FOR GRATITUDE

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## WHAT TO DO:

Grab a clear jar and call it the "Magic Jar." Each day, have your child add something to it that represents something they're thankful for, like a small toy, a drawing, or even a sticker. Talk about what makes each item special to them.




## WHY IT'S IMPORTANT:

Practicing gratitude fosters a positive outlook and teaches children to appreciate the small joys in life. By contributing to their "Magic Jar," they create a visual reminder of the good things around them.

**Click to grab your BONUS gratitude prompts**

STUDIES SHOW THAT PRACTICING GRATITUDE FROM A YOUNG AGE CAN IMPROVE CHILDREN'S HAPPINESS, RESILIENCE, AND EVEN THEIR ACADEMIC SUCCESS AS THEY GROW.

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# GOAL STICKER CHART

2

## WHAT TO DO:

Make a simple goal chart and choose a few child-sized goals, like sharing, picking up toys, or trying a new food.




Each time they complete one, they get a sticker. Celebrate milestones by letting them pick an activity they love, like a dance party or movie time.

## WHY IT'S IMPORTANT:

Setting and achieving goals, even small ones, helps children develop a sense of accomplishment and introduces the power of working toward something. This builds confidence and resilience as they see their progress.

**Click to grab your BONUS goal chart and resources**

RESEARCH HAS SHOWN THAT SETTING AND ACHIEVING SMALL GOALS HELPS CHILDREN DEVELOP A GROWTH MINDSET AND BUILDS THEIR CONFIDENCE IN TAKING ON NEW CHALLENGES.

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# SUPERHERO POSES FOR CONFIDENCE

3

## WHAT TO DO:

Teach your child to strike a “superhero pose” whenever they feel nervous or need a confidence boost. A superhero pose can be hands on hips, chest out, and a big smile. Make it a fun game and join in!



## WHY IT’S IMPORTANT:

Physical posture impacts confidence. This quick, simple exercise helps them feel empowered and brave, giving them a positive association with overcoming challenges.

## BONUS TIP:

IF YOUR KIDDOS KNOW SPECIFIC SUPERHEROES, HAVE THEM NAME THE POSES AFTER THEM!

**Click to grab your BONUS Superhero Pose Cards**

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# DREAM DRAWING TIME

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## WHAT TO DO:



Spend time together drawing or coloring things they'd like to do or see one day, like visiting animals, learning to ride a bike, or planting flowers. You can do this regularly as part of a "dream time" routine.

## WHY IT'S IMPORTANT:

Dream drawing helps kids express their dreams visually, which is the first step in visualization. This simple act teaches them to see their dreams as real and achievable, building imagination and confidence.

VISUALIZATION ISN'T JUST FOR ADULTS! ENCOURAGING KIDS TO PICTURE THEIR DREAMS AND GOALS HELPS FOSTER CREATIVITY, OPTIMISM, AND PROBLEM-SOLVING SKILLS.

**Click to grab your BONUS dream prompts and resources**

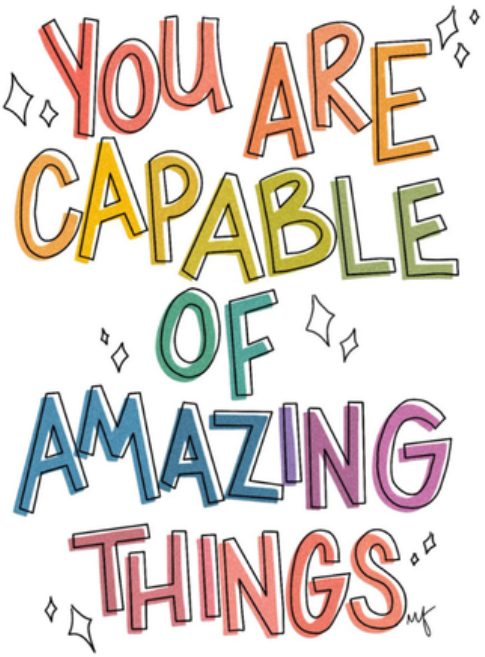
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# POSITIVE AFFIRMATION SONGS

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## WHAT TO DO:

Sing a simple song with your child that incorporates affirmations, like “I am happy, I am kind, I am strong!” Repeat the song each morning or during playtime. Let them make up their own verses too!




## WHY IT’S IMPORTANT:

Positive self-talk is crucial for building a healthy inner dialogue. Singing affirmations helps them learn to speak kindly to themselves, creating a foundation of self-love and self-belief that will grow with them.

## BONUS TIP:

HERE IS A GREAT SONG THEY CAN SING ALONG TO! THE AFFIRMATIONS SONG

AND IF YOU HAVE A TONIEBOX, THE DOGGYLAND TONIE IS AMAZING!

**Click to grab your BONUS Affirmations for kids and mamas too!**

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# BONUS ACTIVITIES

**Nature Walk "Achievements"**

- Activity: Go on a nature walk and let your child pick up "treasures" like leaves, rocks, or flowers. Call each item an "achievement," and praise their finds. You can keep them in a little "achievement box" at home.
- Lesson: This encourages them to see the value in their discoveries and accomplishments, reinforcing a positive achievement mindset.

**Mirror of Smiles**

- Activity: After brushing teeth in the morning, have your child look in the mirror and give themselves a big smile. Encourage them to say something positive about themselves, like "I am funny" or "I am kind."
- Lesson: This promotes self-love and helps them feel comfortable speaking kindly to themselves.

**Imagination Adventures**

- Activity: Pick a cozy spot and use it as a "magic zone" where you imagine anything is possible. Take turns making up scenarios, like "flying" to a castle or "swimming" with dolphins, and talk about what you would see, hear, and feel.
- Lesson: This builds creativity and lets them experience the power of visualizing dreams in an open-ended way.



## READY TO RAISE A KIND AND CONFIDENT MINI ME?

Congratulations on taking the first steps toward raising a kind and confident mini! Each of these simple activities is more than just fun. They're tools to help your child develop a strong, positive foundation that will support them throughout life. As they practice gratitude, visualize their dreams, and build confidence, they'll start to see the world as a place filled with endless possibilities.

Remember, the magic of empowering a kiddo with a positive mindset isn't about big changes all at once. It's about the small, consistent moments of joy, encouragement, and growth you share with your child each day. These moments are where their mindset is shaped, where dreams are born, and where they begin to believe in themselves.

Making It Part of Everyday Life:
Whether it's filling up the Magic Jar with treasures, striking a superhero pose, or singing affirmations, these activities can be woven into your family's daily routine. They're quick, easy, and effective ways to create joyful, resilient, and curious little minds. And as your child grows, the values and confidence they build now will grow with them.

I would love to see your journey!
Share your Mindset4Minis fun on social media and use the hashtag **#mindset4minis** to show your little one in action. Let's inspire other parents to nurture the same beautiful mindset in their kids.

Here's to joyful moments, limitless dreams, and raising your own kind and confident mini!

**Friendly Reminder:**
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If you love it (yay!), please share this link: **https://www.mindset4minis.com/activitybundle**, not the PDF itself. That helps me continue creating more magic for you and your littles 🫶✨

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# who is ERIN HEBERGER

I'm a Disney-loving mama to Ella and Sammy, and I left my 15-year teaching career to spend more time with my little ones while building a flexible business from home.

Like most moms, I've navigated the ups and downs of motherhood: the whirlwind of emotions, the mom guilt, and the challenge of balancing work, family, and self care. Going back to teaching after my first baby was a hard transition, and I felt overwhelmed and scattered trying to juggle all the things.

Over the last few years, I started learning simple mindset strategies that helped me feel more grounded, confident, and present. And the more I leaned into those tools, the more I realized something big: our kids can learn these same skills too, in a way that feels fun and age appropriate.

Now I'm on a mission to help other moms nurture positivity, confidence, and joy from an early age so we can raise little ones who believe in themselves and their dreams. Creating this guide has been my way of sharing a few small but meaningful practices you can use with your child, even on the busy days.

Beyond parenting, I'm passionate about helping moms thrive with income flexibility and high-vibe wellness tools that support moms from the inside out. My business has allowed me to pay off debt, navigate an infertility journey that brought me my two miracle babies, and make my extended maternity leave a permanent one, all while keeping family time at the center.

If you're curious about this journey or want to chat mindset, mom life, or building a flexible income, I'd love to connect! Text me at 585.252.9277 or DM me anytime.

*Erin*

**Curious about working from home?** click here!

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