

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

1

## 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

4

## 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**

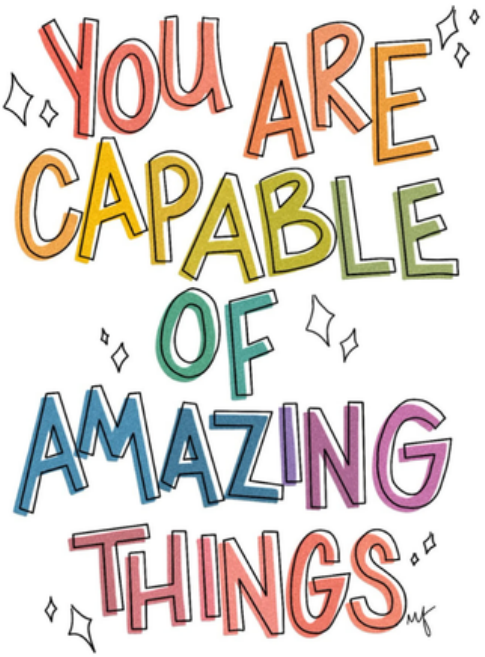
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# POSITIVE AFFIRMATION SONGS

5

## 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 🫶✨

Thank you for supporting a mama-owned business!



# 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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# GRATITUDE JAR PROMPTS

**Directions:** Print and cut out the following cards. Mix them up and use them to generate ideas for their gratitude jar!



MAGIC JAR

# GRATITUDE JAR PROMPTS

MAGIC JAR



**GRATITUDE JAR PROMPTS**

Something that made me smile today

One thing I love about my family

A fun thing I did today

Someone who helped me today

Something I'm proud of

A place I love to go

A favorite toy I played with

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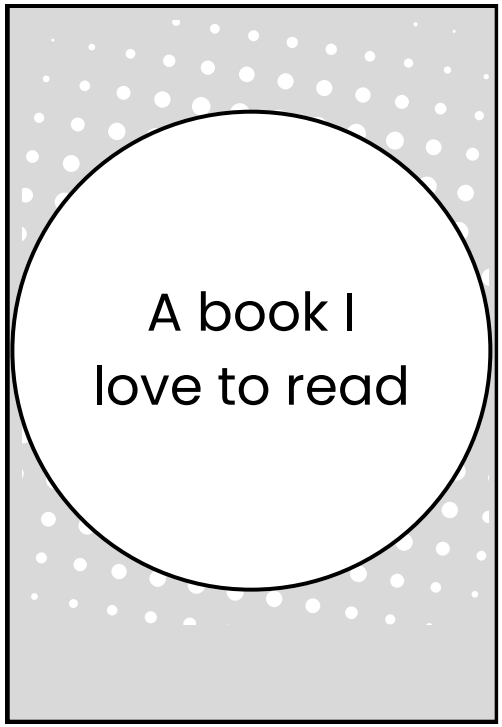
















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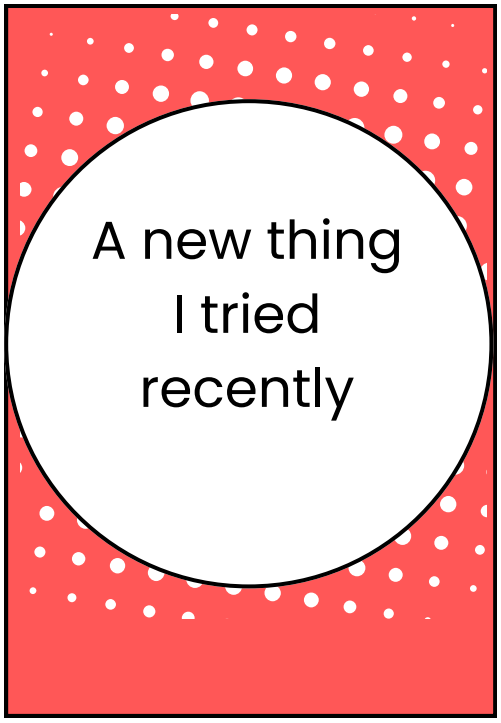






















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# GOAL CHART DIRECTIONS

Help your little one build confidence and celebrate their wins with this simple and fun goal chart! Setting small, achievable goals teaches kids the power of working toward something and feeling proud of their progress. Here's how to get started:

**Step 1: Choose a Goal**

Sit down with your child and talk about what they'd like to accomplish. Keep it simple and age-appropriate, like:

- Cleaning up their toys
- Trying a new food
- Practicing sharing with a sibling or friend

**Step 2: Write the Goal on the Chart**

Use the space at the top of the chart to write the goal together. You can even let your child decorate the chart to make it their own!

**Step 3: Track Progress**

Each time your child takes a step toward their goal, add a sticker or a checkmark in one of the spaces. Celebrate every small win. They're learning that effort adds up!

**Step 4: Celebrate Their Achievement**

Once the chart is full, it's time to celebrate! You can decide ahead of time how you will celebrate when they fill up their chart.  It could be anything from a sticker badge to a fun activity together. Just make sure your child knows how proud you are of their hard work!

**Tips for Success**

- Keep it Positive: Focus on encouragement and fun. This is about building confidence, not pressure.
- Be Consistent: Make the chart part of your daily routine to keep the momentum going.
- Set New Goals: Once they've reached one goal, help them choose another!

With this chart, your child will see how their efforts lead to success, helping them build a foundation of confidence, resilience, and self-belief. Let the goal-setting fun begin!

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# _____'S GOAL CHART



GOAL

CELEBRATION

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |

_____'S GOAL CHART



GOAL

CELEBRATION

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |

_____'S GOAL CHART



GOAL

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
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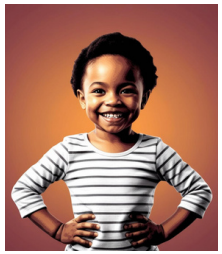
# SUPERHERO POSES CARDS

**Directions:** Print and cut out the following cards double sided.  Mix them up and use them  to practice their Superhero poses to use anytime they are feeling sad, nervous, or just need a confidence boost.



# SUPERHERO POSES

## Power Pose



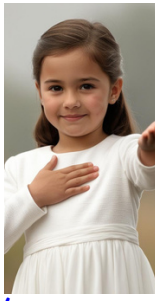
Phrase: "I am strong!"

## Victory Pose



Phrase: "I am a winner!"

## Brave Heart



Phrase: "I am brave!"

## Flying Hero



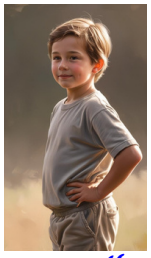
Phrase: "I can do anything!"

## Grounded Stance



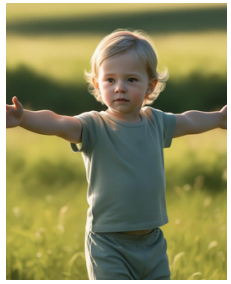
Phrase: "I am ready!"

## Peaceful Warrior



Phrase: "I am calm and strong."

## Protector Pose



Phrase: "I am a helper!"

## Thinker's Pose



Phrase: "I am smart!"

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# SUPERHERO POSES

## Flying Hero

Pose: One arm stretched forward, as if flying, with the other arm at their side.

## Brave Heart

Pose: One hand over the heart and the other held out, like a pledge.

## Victory Pose

Pose: Arms raised overhead in a "V" shape, as if celebrating a win.

## Power Pose

Pose: Standing with hands on hips, chest lifted, and a confident smile.

## Thinker's Pose

Pose: One hand on chin, the other on hip, looking thoughtful.

## Protector Pose

Pose: Arms spread out, as if to shield or protect.

## Peaceful Warrior

Pose: One hand on the hip and the other resting by their side, with a peaceful look on their face.

## Grounded Stance

Pose: Legs slightly bent with hands forward, as if they're ready to jump or move quickly.

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# DREAM *prompts*



**Directions:** Print and cut out the following cards.  Mix them up and use them to generate ideas during Dream Drawing Time.



# DREAM prompts



| | | |
|---|---|---|
| Imagine you could fly. Where would you go? | If you had a pet dragon, what would you name it? | What would you do if you could visit outer space? |
| Imagine you could talk to animals. Who would you talk to first? | If you could change the color of the sky, what color would you choose? | If you could invent a new holiday, what would it be called? |
| What would your superhero costume look like? | If you had a magic wand, what would you do with it? | Imagine you lived in a castle. What would it look like? |
| If you were a chef, what yummy food would you create? | Imagine you could shrink to the size of an ant. What would you explore? | If you were an inventor, what would you create? |

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# AFFIRMATIONS FOR KIDS

## BUILDING CONFIDENCE, POSITIVITY, AND JOY

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ERIN HEBERGER

# WHAT ARE AFFIRMATIONS AND WHY ARE THEY IMPORTANT

Affirmations are simple, positive statements that help our kids build confidence, resilience, and a happy inner voice. By practicing affirmations, kids start learning how to face life's challenges with courage and a big dose of self-love, all while developing that important foundation of self-belief and kindness.

**WHY AFFIRMATIONS MATTER FOR OUR LITTLE ONES**

Just like healthy food and playtime, positive words are essential for our kids' growth! When we give them the gift of affirmations, we're helping them see all the amazing things about themselves. Affirmations gently teach them to focus on their strengths, feel proud of who they are, and recognize how loved and capable they truly are.

**HOW AFFIRMATIONS CAN HELP YOUR CHILD THRIVE**

1. **Boosts Confidence**: Affirmations remind kids of their unique qualities, helping them believe they can do amazing things.
2. **Encourages Resilience**: With phrases like "I can try again," they learn that challenges are part of learning and growing.
3. **Builds a Positive Self-Image**: Affirmations help kids think kindly about themselves, which is key for growing self-love and self-respect.
4. **Calms Big Feelings**: Simple reminders like "I am safe" or "I am loved" can be so reassuring for little ones, especially when they're feeling anxious.
5. **Fosters Kindness and Empathy**: Affirmations can also be reminders to treat others with kindness, helping them build strong, happy friendships.

With these affirmations, you're giving your child a gift that will serve them their whole lives: a positive, resilient mindset that starts with "I can."

Let's get started and watch them shine, one positive thought at a time!

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# HOW TO USE AFFIRMATIONS

*For grown-ups and kiddos alike!*

1. Begin by taking deep breaths and releasing any negativity you are feeling.
2. Say your affirmation clearly and loudly preferably in front of a mirror.
3. Repeat your affirmations morning and night so they are the last thing you hear before going to bed and the first thing you hear in the morning.
4. When you finish, take a few deep breaths, absorb the positive energy, and release any leftover negativity.
5. I recommend taping these affirmations near your bathroom mirror and saying them before or after brushing your teeth to make a habit out of it.

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# AFFIRMATIONS FOR LITTLE KIDS

1. I AM SMART.
2. I AM KIND.
3. I AM CAPABLE.
4. I AM BRAVE.
5. I AM CONFIDENT.
6. I AM LOVED.
7. I AM GRATEFUL.
8. I HAVE GREAT IDEAS.
9. MY FAMILY AND FRIENDS LOVE ME.
10. I AM PROUD OF MYSELF.

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# AFFIRMATIONS FOR OLDER CHILDREN

1. I AM KIND.
2. I CAN DO ANYTHING I SET MY MIND TO.
3. I HAVE AMAZING CAPABILITIES.
4. I AM PATIENT.
5. I HAVE MANY TALENTS.
6. I AM LOVED.
7. I BELIEVE IN MYSELF.
8. I AM CONFIDENT.
9. MY OPINION MATTERS.
10. I AM IMPORTANT.

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BONUS

# AFFIRMATIONS FOR BUSY MOMS

1. I WILL GET EVERYTHING DONE THAT IS NEEDED.
2. I AM POWERFUL.
3. PEACE AND JOY ARE FILLING MY LIFE.
4. I AM STRONG.
5. I AM GRATEFUL FOR THE ABUNDANCE IN MY LIFE.
6. I AM CAPABLE.
7. I CHOOSE TO TAKE CARE OF MYSELF.
8. I CAN DO HARD THINGS.
9. I GIVE MYSELF GRACE ON THE HARD DAYS.
10. I AM BECOMING THE BEST VERSION OF MYSELF.

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BONUS

# AFFIRMATIONS TO COMBAT MOM GUILT

1. I DO NOT NEED TO BE THE PERFECT MOTHER.
2. I AM THE BEST MOM FOR MY CHILDREN.
3. I DO MY BEST AT BEING A MOM AND THAT IS ENOUGH.
4. MY CHILDREN LOVE ME JUST AS I AM.
5. I PRIORITIZE MY OWN SELF-CARE.
6. SOMETIMES MY HOUSE WON'T BE CLEAN, BUT I AM A MOM FIRST.
7. I KNOW IT IS OKAY TO ASK FOR HELP.
8. MY DREAMS MATTER. I AM CAPABLE OF GREAT THINGS.
9. I DO NOT COMPARE MYSELF TO OTHER MOMS.
10. EVERY DAY I DO MY BEST AND THAT IS ENOUGH.

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