

# Daily Intention

## Description

Help kids reduce daily stress with intention setting. Intention setting allows them to be mindful about their mental, emotional and physical selves.

## Activity Steps

First, let's understand three key words: mindfulness, awareness and acceptance.

- What is mindfulness? A state of living in the moment with awareness and acceptance.
  - What is awareness? Recognizing the thoughts, feelings, sensations and surroundings that may be experienced in a particular moment.
  - What is acceptance? Not passing judgment or being critical of those thoughts, feelings, sensations and surroundings in that moment and not comparing yourself to others.
1. Select a word or a short phrase to be your intention or "code word" for the practice. Intentions or code words help remind you of your commitment to bettering yourself in a personal way.
  2. Sit or lie in a comfortable position and close your eyes.
  3. Think of a word or phrase that can help you focus on your activities today. This word or phrase will be your "code word."
  4. Think of your code word. As you take your next breath in, say the word in your head. Repeat three more times.
  5. Think about the reason you chose the code word. What does this word mean to you?
  6. When you think of this word, what do you picture? What do you feel?
  7. Concentrate on that image for a moment as you take a few more deep breaths.
  8. When you're ready, gently open your eyes.

► Learn more at [4-H.org/Intentions](https://www.4-h.org/Intentions)



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