

# Bringing Up Great Kids Parenting Adolescents

## Chapter 7 Handouts

# Jar of Life

Take the time to think about your adolescent and then identify what some of the **most important things (golf balls)** for your adolescent may be. Next identify some of the **other important things (the pebbles)** and finally **everything else (the sand)**.



# Life Tree



## The Fruits

represent your children.

Draw them on your tree in a way that says something about each child.



## The Leaves

represent your values and your skills.



## The Branches

represent your hopes and wishes for your children.



## The Trunk

represent your strongest supports.



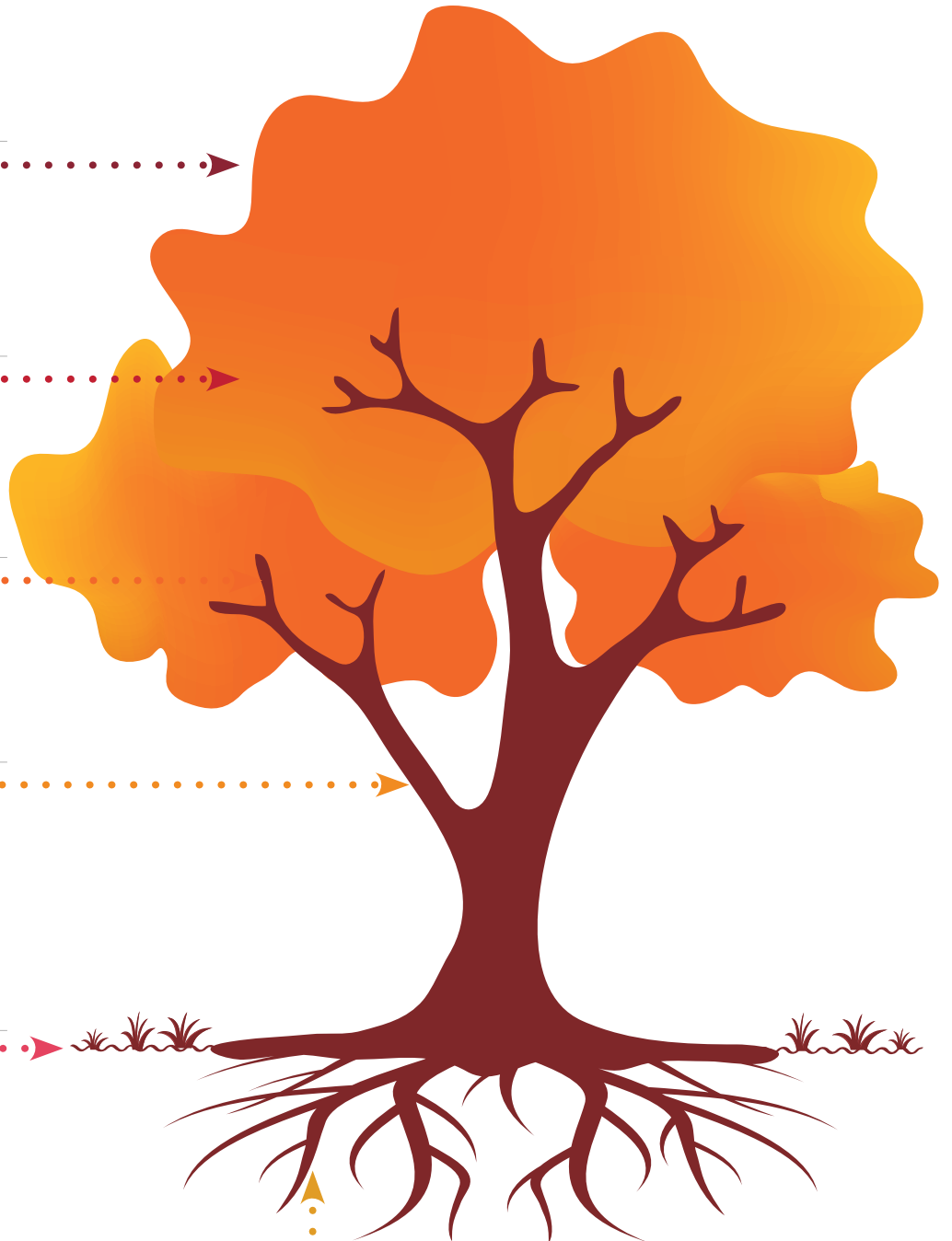
## The Earth

represent all those things which keep you 'grounded' and make you feel stable and strong.



## The Roots

represent where you have come from, your family history and important places and people from your past.



# Life Tree



## The Fruits

If you think about your children as gifts that you will pass on to the next generation what are some of the messages you would like them to take with them?



## The Leaves

What are your values and your strongest skills? Who did you learn these from? Think about how you are passing those values and skills on to your children.



## The Branches

What are your hopes and wishes for your children? Where did they come from?



## The Trunk

Who are the people or organisations you feel comfortable to turn to for help when you need support?



## The Earth

Write about the things that you do to nurture yourself to make you feel good and to keep you calm.



## The Roots

Think about the people from your childhood who were most important to you. Who were they and what are some of the most important messages they gave you? Name some things from your childhood that you would like to pass on to your own children and some you would choose to leave behind.

# My Children

If you had three wishes for your adolescent 10 years from now, what would they be?



Thought bubble 1: A large, cloud-shaped thought bubble with a red outline, containing five horizontal lines for writing.

Thought bubble 2: A large, cloud-shaped thought bubble with a red outline, containing five horizontal lines for writing.

Thought bubble 3: A large, cloud-shaped thought bubble with a red outline, containing five horizontal lines for writing.



# The Changing Landscape



## Take the time to consider the following:

What aspects of your relationship with your adolescent has already changed?

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What are the little indications that some things are changing over time?

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What is unresolved and continues to occur?

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# The Mindful Body Scan



## Activity 1:

This is a time totally set aside for you, and to be with yourself. A time for renewal, rest and healing. A time to nourish your health and wellbeing. Remember that mindfulness is about being with things as they are, moment to moment, as they unfold in the present. So, let go of ideas about making you a better person or improving yourself in any way.

Try to let go of the feeling of wanting things to be different from how they are, and allow them to be as they are. Give yourself permission to be as you are. You don't even need to try to relax. Relaxation may happen or it may not. Just be aware of your experience, whatever it may be.

### 1. Begin by feeling the weight of your body on the floor or chair.

Notice the points of contact where your body and the floor or chair meet. Each time you breathe out, allow yourself to sink a little deeper into the floor or chair.

### 2. Become aware of the sensations of your breath.

You may feel the breath going in and out of your nostrils, or passing through the back of your throat, or feel the chest or belly rising and falling. Be aware of your breath wherever it feels most comfortable for you. Continue for a few minutes.

### 3. When you're ready, move your awareness down your left leg, past the knee and ankle and right down into the big toe of your left foot.

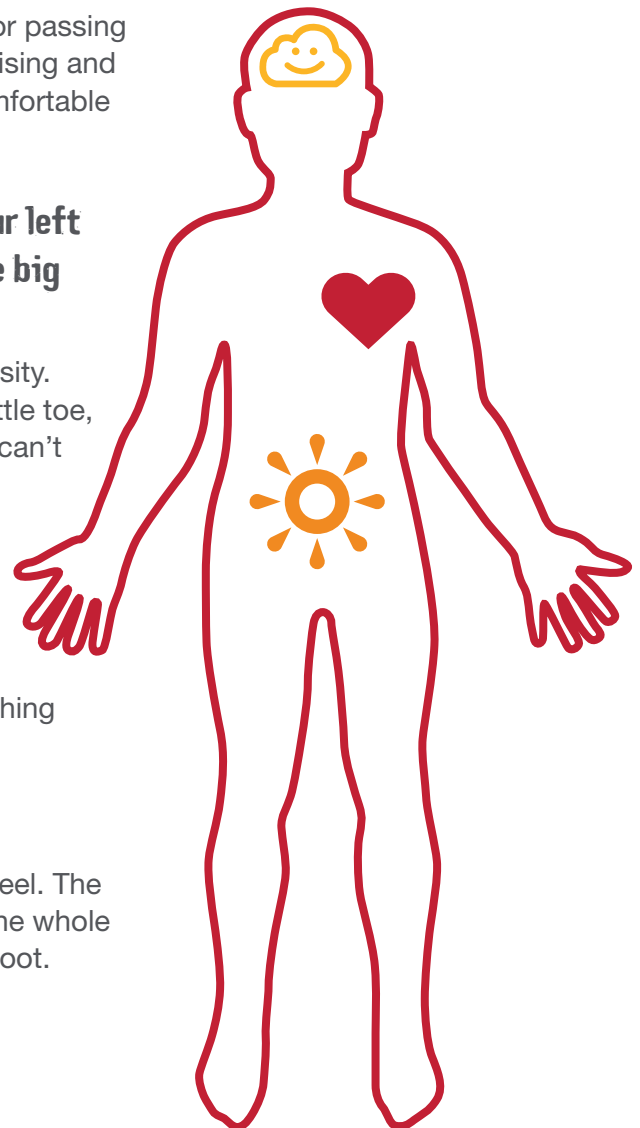
Notice the sensations in your big toe with a sense of curiosity. Is it warm or cold? Now expand your awareness to your little toe, then all the toes inbetween. What do they feel like? If you can't feel any sensation, that's okay.

### 4. As you breathe, imagine the breath going down your body and into your toes.

As you breathe out, imagine the breath going back up your body and out of your nose. Use this strategy of breathing into and out of each part to which you're paying attention.

### 5. Expand your awareness to the sole of your foot.

Focus on the ball and heel of the foot. The weight of the heel. The sides and upper part of the foot. The ankle. Breathe into the whole of the left foot. Then, when you're ready, let go of the left foot.



# The Mindful Body Scan



- 6. Repeat this process of gentle, kind, curious accepting awareness with the lower part of the left leg, the knee and the upper part of the left leg.**
- 7. Notice how your left leg may now feel different to your right leg.**
- 8. Gently shift your awareness around and down the right leg, to the toes in your right foot.**  
Move your awareness up the right leg in the same way as before. Then let it go.
- 9. Become aware of your pelvis, hips, buttocks and all the organs around here.**  
Breathe into them and imagine you're filling them with nourishing oxygen.
- 10. Move up to the lower torso, the lower abdomen and lower back.**  
Notice the movement of the lower abdomen as you breathe in and out.
- 11. Bring your attention to your chest and upper back.**  
Feel your rib cage rising and falling as you breathe in and out. Be mindful of your heart beating. Be grateful that all these vital organs are currently functioning to keep you alive and healthy.
- 12. Go to both arms together, beginning with the fingertips and moving up to the shoulders.**  
Breathe into and out of each body part before you move to the next one, if that feels helpful.
- 13. Focus on your neck.**  
Then move your mindful attention to your jaw, noticing if it's clenched. Feel your lips, inside your mouth, your cheeks, your nose, your eyelids and eyes, your temples, your forehead and checking if it's frowning, your eyes, the back of your head, and finally the top of your head. Take your time to be with each part of your head in a mindful way.
- 14. Imagine a space in the top of your head and soles of your feet.**  
Imagine your breath sweeping up and down your body as you breathe in and out. Feel the breath sweeping up and down your body, and get a sense of each cell in your body being nourished with energy and oxygen. Continue this for a few minutes.
- 15. Now let go of all effort to practice mindfulness.**  
Get a sense of your whole body. Feel yourself as complete, just as you are. Remember this sense of being is always available to you when you need it. Rest in this stillness.
- 16. Acknowledge the time you've taken to nourish your body and mind. Come out of this meditation gently.**  
Endeavor to bring this mindful awareness to whatever activity you engage in next.



# The Mindful Body Scan



## Activity 2:

The body scan is a wonderful meditation to start your journey into mindfulness practices. You normally do the body scan lying down, so you get a sense of letting go straight away.

Set aside at least 20 minutes for the body scan. Find a time and a place where you won't be disturbed, and where you feel comfortable and secure. Turn off any phones you have.

This is a time totally set aside for yourself, and to be with yourself. A time for renewal, rest and healing. A time to nourish your health and wellbeing. Remember that mindfulness is about being with things as they are, moment to moment, as they unfold in the present. So, let go of ideas about self-improvement and personal development.

Let go of your tendency for wanting things to be different from how they are, and allow them to be as they are. Give yourself the space to be as you are. You don't even need to try to relax. Relaxation may happen or it may not. Relaxation isn't the aim of the body scan. If anything, the aim is to be aware of your experience, whatever it may be.

### 1. Loosen any tight clothing, especially around your waist or neck.

You may like to remove your shoes.

### 2. Lie down on the floor /or sit in a chair with your arms by your sides, palms facing up, and legs gently apart.

If you feel uncomfortable, place a pillow under your knees, or just raise your knees. Experiment with your position – you may even prefer to sit up.

### 3. Begin by feeling the weight of your body on the mat, bed or chair.

Notice the points of contact between that and your body. Each time you breathe out, allow yourself to sink a little deeper into the floor or chair.

### 4. Become aware of the sensations of your breath.

You may feel the breath going in and out of your nostrils, or passing through the back of your throat, or feel the chest or belly rising and falling. Be aware of your breath wherever it feels most predominant and comfortable for you. Continue for a few minutes.



# The Mindful Body Scan



5. **When you're ready, move your awareness down the left leg, past the knee and ankle and right down into the big toe of your left foot.**

Notice the sensations in your big toe with a sense of curiosity. Is it warm or cold? Now expand your awareness to your little toe, then all the toes in-between. What do they feel like? If you can't feel any sensation, that's okay.

6. **As you breathe, imagine the breath going down your body and into your toes.**

As you breathe out, imagine the breath going back up your body and out of your nose. Use this strategy of breathing into and out of each part to which you're paying attention.

7. **Expand your awareness to the sole of your foot.**

Focus on the ball and heel of the foot. The weight of the heel. The sides and upper part of the foot. The ankle. Breathe into the whole of the left foot. Then, when you're ready, let go of the left foot.

8. **Repeat this process of gentle, kind, curious accepting awareness with the lower part of the left leg, the knee and the upper part of the left leg.**

9. **Notice how your left leg may now feel different to your right leg.**

10. **Gently shift your awareness around and down the right leg, to the toes in your right foot.**

Move your awareness up the right leg in the same way as before. Then let it go.

11. **Become aware of your pelvis, hips, buttocks and all the delicate organs around here.**

Breathe into them and imagine you're filling them with nourishing oxygen.

12. **Move up to the lower torso, the lower abdomen and lower back.**

Notice the movement of the lower abdomen as you breathe in and out. Notice any emotions you feel here. See if you can explore and accept your feelings as they are.



# The Mindful Body Scan



## 13. Bring your attention to your chest and upper back.

Feel your rib cage rising and falling as you breathe in and out. Be mindful of your heart beating if you can. Be grateful that all these vital organs are currently functioning to keep you alive and conscious. Be mindful of any emotions arising from your heart area. Allow space for your emotions to express themselves.

## 14. Go to both arms together, beginning with the fingertips and moving up to the shoulders.

Breathe into and out of each body part before you move to the next one, if that feels helpful.

## 15. Focus on your neck.

Then move your mindful attention to your jaw, noticing if it's clenched. Feel your lips, inside your mouth, your cheeks, your nose, your eyelids and eyes, your temples, your forehead and checking if it's frowning, your eyes, the back of your head, and finally the top of your head. Take your time to be with each part of your head in a mindful way.

## 16. Imagine a space in the top of your head and soles of your feet.

Imagine your breath sweeping up and down your body as you breathe in and out. Feel the breath sweeping up and down your body, and get a sense of each cell in your body being nourished with energy and oxygen. Continue this for a few minutes.

## 17. Now let go of all effort to practice mindfulness.

Get a sense of your whole body. Feel yourself as complete, just as you are. Remember this sense of being is always available to you when you need it. Rest in this stillness.

## 18. Acknowledge the time you've taken to nourish your body and mind. Come out of this meditation gently.

Endeavor to bring this mindful awareness to whatever activity you engage in next.

# Every Parent Needs Help Sometime



How do you feel about these statements?

“It’s ok to ask for help”

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“There are lots of options to turn to.”

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“It is easy to access the support you need.”

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Who would you talk to? Where would you go?

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# Fertile Ground

**Volcanoes can be scary....  
But they are the origin of fertile soil and minerals**



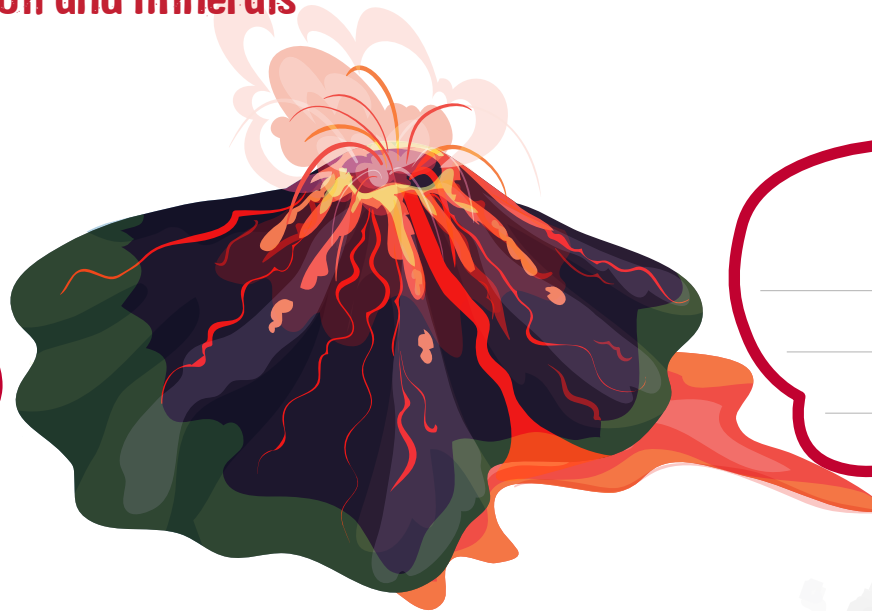
**How do you deal with the eruption in a way that doesn't harm the relationship?**

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**How do you feel when the relationship volcano erupts?**

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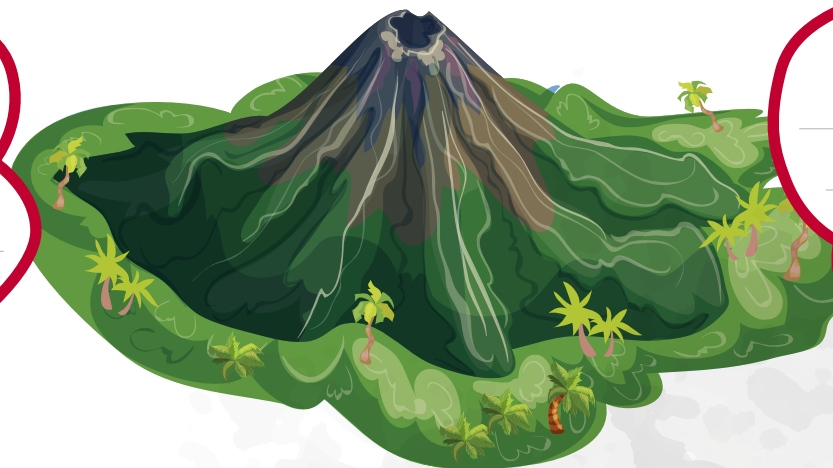
**How do you feel when you see signs of change & growth?**

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**How can you support nurture and connection?**

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