



peace place<sup>®</sup>  
for kids

# mindful parenting workbook

Companion worksheets and journaling pages for the  
Peaceful Parenting Class weeks 1-4.



# Week One

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## Practice

- Create a playlist of happy tunes for the morning while you're getting ready.
- Breathe in love and breathe out peace, picture your child's heart and send them love each morning.
- During bedtime, ask your children to share their feelings about their day and practice responding by acknowledging the feeling.

“I see that you're frustrated, sad, angry”

BONUS POINTS: Share your feelings about your day.

- Draw a balloon and put your feelings in it and close your eyes and see the balloon drifting off.
- Practice the wave.





# Week Two

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## Practice

Take a break and try...

- Going on a tech-free walk.
- Putting away your phone at dinner.
- Playing a board game.
- Have a movie night.
- Creating a bedtime routine that includes expressing gratitude and feelings.
- Telling your children a story from your childhood.
- Sharing a meditation.





# Week Three

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## Practice

- Make a list of your intentions for your home.

EXTRA CREDIT: Frame it & hang it where everyone can see.

- Practice reframing some challenging parts of your child's personality into a positive message.
- Say fabulous things about yourself in front the mirror and do the same with your child.
- Write sticky notes of things you are proud of and love about your child and place them on their back-backs, lunchboxes, and in their room.
- Go with the flow, don't push against it!



# IN THIS HOUSE

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We will be,

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We will say,

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We will treat each other with,

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We will show kindness by,

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# TODAY I WILL BE

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The kind of parent who

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Patience with my children when

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Appreciate the little moments when

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Kind to myself when

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# Week Four

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## Practice

Let's take a moment to write a gratitude letter to your child or children. Below you will find some ideas to include in your letter.

- I am grateful for you because...
- It warms my heart to see you...
- It always makes me smile when...
- I hope that you always remember to...

Put it away until their 18th birthday!





