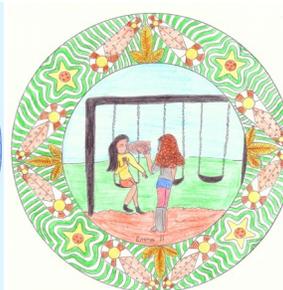




# Conscious Kids

Mindfulness Taught Through  
26 Short Stories and Fun Activities

By Lise Villeneuve © 2016



# Welcome to Conscious Kids!

If you're reading this, you probably know that mindfulness is the gateway to living a peaceful, joyful, fulfilling and miraculous life. Deepening our spiritual awareness is the most direct and effective way to free ourselves from the negative states that hold us back daily.

Many of us older folks have had the chance to explore the polarities of life – success and failure, happiness and unhappiness, ups and downs. We've had some time to reflect and draw our own conclusions about what brings us lasting contentment and what is likely to cause suffering. What about our children and our students? What if we could give them a road map right from the start to guide them on their journey? Mindfulness is that road map. We can help our children be better prepared to navigate this unpredictable world. We can help them see that their perception of the world directly influences how they experience it. We can teach them that real happiness is a choice that is within their power.

Conscious Kids reconnects children with their essential spiritual nature by exploring questions such as *Who am I really? What is my purpose? What is true happiness? and What causes suffering?* Through short creative stories and practical exercises, this mindfulness course teaches kids about a realm that exists beyond duality, beyond form, and beyond the illusion of our physical separation. This is the realm of the Divine and the miraculous. We are in that realm here and now, and once we learn to see the world through our heart, as opposed to our ego-mind, we can experience it for ourselves. Once we get out of our own way, the struggles and anxieties we once knew cease, and life becomes a beautiful, effortless miracle.

Conscious Kids is not religious but it is spiritual. As all the great avatars, prophets and sages have discovered, an earnest search for truth leads us straight into the heart of the Divine by first transcending the ego-mind. The stories and lessons in this course have been inspired by the teachings of many enlightened spiritual masters from throughout the ages.

Conscious Kids teaches concepts in a gradual, step-by-step way. Essential notions are repeated throughout the different stories to make them easy to understand. During the first half of the course, children are taught practical skills that develop their emotional intelligence. They learn about thoughts, emotions, energy, manifestation and the power of focus and intention. Concepts like the *ego*, the *watcher* and *being in the now* are also introduced. In the second half of the course, children get a better understanding of what it means to be the *awareness* and how this changes the way they see themselves, others and the world.

The purpose of Conscious Kids is to help children feel empowered, peaceful, joyful and happy. The lessons are designed to be fun and they allow a warm, loving atmosphere to flourish between family members or classmates. Ultimately, your kids will learn that happiness comes from within and they have everything they need to feel the joy of being right now.

I wish you a wonderful journey! Thanks for being here.



Lise Villeneuve, creator of Conscious Kids



# Contents of 26 Lessons

**A**

## Stopping with the bell & deep belly breathing

- Overview: Two fundamental mindfulness exercises explained
- Story: Tim & the Magic Bell
- Activity: Deep belly breathing and stop with the bell



**B**

## Thoughts create emotions

- Overview: How our thinking influences our feelings and perceptions
- Story: Suzy Meets Skittles the Squirrel (part 1 of 2)
- Activity: Thoughts colour our experience



**C**

## The body responds to negative or positive thinking

- Overview: How to easily monitor positive or negative thinking
- Story: Suzy and the Poisonous Apples (part 2 of 2)
- Activity: Mind in a jar



**D**

## Dealing with strong emotions

- Overview: Using mindfulness to stay grounded when an emotional storm comes
- Story: Peter and the Storm
- Activity: Relaxation meditation



**E**

## Understanding the language of emotions

- Overview: Decoding emotions. Using them as a tool to feel good and stay aligned
- Story: Rudy and the Moody Meter
- Activity: Vibrational scale of emotions



**F**

## The power of thoughts

- Overview: Understanding the three reasons why our thoughts are so powerful
- Story: Christopher and the Treasure Chest (part 1 of 3)
- Activity: Paint your energy field



**G**

## How energy works

- Overview: The law of attraction explained in simple terms
- Story: Christopher and the Law of Attraction (part 2 of 3)
- Activity: Positive focus collage



**H**

## Turning a negative situation into a positive one

- Overview: Understanding the power of positive focus and affirmations
- Story: Christopher and the Big Spill (part 3 of 3)
- Activity: Create a positive affirmation



J

### Being the watcher, or the awareness

- Overview: Understanding our essential nature, or our true Self
- Story: Annie the Troublemaker (part 1 of 3)
- Activity: Being the awareness



L

### All about the ego

- Overview: Understanding the ego -its purpose and pitfalls
- Story: Annie's Dream (part 2 of 3)
- Activity: Pop goes the ego



K

### How the ego tricks us

- Overview: How to be mindful of the ego's multiple traps
- Story: Annie Feels Trapped (part 3 of 3)
- Activity: Heart or ego?



L

### The hurt feelings we keep inside

- Overview: Understanding why it sometimes feels good to hold on to negativity
- Story: Jason and the Monster
- Activity: What does your monster look like?



M

### Three choices in the Now

- Overview: How to remain peaceful in any situation
- Story: Maya's Secret (part 1 of 2)
- Activity: Dealing with our triggers



N

### Living in the present moment

- Overview: Practical tips for truly being in the now
- Story: Amelia Discovers Maya's Secret (part 2 of 2)
- Activity: Being in the now meditation



O

### Pleasure, contentment and happiness

- Overview: The differences between pleasure, contentment and real happiness
- Story: Zack, Jack and the Imagination Box
- Activity: What makes you happy?



P

### True happiness

- Overview: Understanding what can give us lasting happiness and fulfillment
- Story: Ray's Search for Happiness
- Activity: A closer look at the things that make me happy



Q

### The purpose behind unhappiness

- Overview: How unhappiness can help us find true happiness
- Story: Lucy and the Bully
- Activity: Seeds of happiness and unhappiness



R

### Noticing our seeds of unhappiness

- Overview: How to discover the hidden seeds of unhappiness that hold us back
- Story: The Pearl in the Mirror
- Activity: Look in the magic mirror



S

### Feeling the joy of being Now

- Overview: How to feel happy and peaceful right now
- Story: Daniel and the Secret Pond
- Activity: Purple light visualization



T

### The key to optimal health

- Overview: Understanding the life-force that flows through us
- Story: Paul's Battle with Strep Throat
- Activity: Allowing or blocking the life-force?



U

### Releasing our hurt feelings and fears

- Overview: How our worst enemies can become our greatest teachers
- Story: Penny & Jenny are not invited
- Activity: Releasing the hurt we carry inside



V

### Understanding true Love

- Overview: True Love from a spiritual perspective
- Story: A Lesson in True Love
- Activity: Understanding true love



W

### The greatest gifts in the world

- Overview: Compassion, deep listening, kindness, forgiveness and true presence
- Story: The Perfect Gift for Ajna
- Activity: Giving the greatest gifts in the world



X

### Five powerful spiritual tools

- Overview: The power of gratitude, detachment, will, focus and stillness
- Story: The First Mindful Superheroes
- Activity: The five powers of mindful superheroes



Y

### Making the world a better place

- Overview: Understanding how we can make the biggest difference in the world
- Story: Enlightened Eddie
- Activity: Making the world a better place



Z

### Breaking free

- Overview: Why it's important to keep practicing mindfulness daily
- Story: Nicole & Grandma's Beach Adventure
- Activity: Find the secret message & Mindful Superhero Review Quiz



## Before You Start...

Conscious Kids is designed to be taught in alphabetical order, from lessons A to Z. Concepts are gradually introduced and developed throughout the lessons. We recommend doing one lesson per week for the next 6 months, but you can take more time if needed.

### Material you'll need for each lesson:

-A bell, or something that makes a soothing musical sound (triangle, chime...etc).

-A small treasure chest. Make your own with an old box (you can tape coins on it), or find a wooden one you can decorate with crafts.

### How each lesson is structured:

- 1) Show your kids the brief introduction video that asks the *question of the week* (video link provided on the preparation sheet for parents)
- 2) Get your kids to find the answer to the *question of the week* by searching for the *secret clue* provided on the prep sheet. Print the clue and hide it somewhere in your home for a fun treasure hunt. Each secret clue reveals a secret letter. Collect all 26 and your kids will be able to spell out a mystery message on Lesson Z. Keep clues in your treasure chest!
- 3) Once you have found the secret clue, read the story together
- 4) After the story, follow the instructions for the recommended activity
- 5) Colour the provided mandala, or ask your kids to make their own

### The purpose of the treasure hunt is to:

- Set a fun mood and to get your kids to move and stretch their bodies at the beginning of each lesson.
- Allow your kids to remember and review all the new concepts they will be learning over the next 26 lessons. By leaving the treasure chest out somewhere accessible, your kids can freely review the questions and answers.

### Recommendations:

- Don't force anyone to participate but instead create an inclusive, compassionate environment. Release expectations.
- Have fun! Your enthusiasm will be contagious and set the tone.
- Use puppets / props to bring the stories to life if your kids are into that. Have your children act out the stories or help read them.

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