



Habits in Action

"Relationships are what stimulate growth and learning"

—DAN SIEGEL

Grateful Ideas

Your dog, cat, guinea pig, horse.
Any animal increases happiness!

Spaghetti

Orange juice or coffee or the morning smoothie.

The sunny or snowy day. Maybe the rainy day as it was an excuse to sit inside.

A friend.

A good hair day.

A kind teacher.

A holiday - who doesn't like holidays.

The light turning green right as you were getting ready to stop (I love that!)

Your favorite singer.

The fact that we can get just about any music on our phone.

Dessert.

Getting to the bus or school or carpool on time (better than being late!)

How happy your dog is to see you when you get home.

A little sister to blame things on.

Your favorite chair in the house.

Alarms because they get us up on time.

Saturdays because you don't need an alarm.

Not getting homework from one of the teachers today.

Chocolate.

Planning vacations.

Vacations.

Taking a perfect photo.

Staying up past bedtime.

Your favorite pajamas.

How much your parents do for you.

Being a parent.

Siblings

Alone-time with a parent

Netflix, Youtube - one of those addictive programs that makes you happy

The feeling after exercise.

Legos

Snow days.

Lunch.

Bubble wrap.

That great feeling when you find something you thought you'd lost

And on and on... you can do it!

Mary Smith is passionate about sharing the habits and best practices for parents to simply and quickly begin helping their kids navigate stress and anxiety. On top of her own experience with kids and anxiety and depression and using bite-sized practices, she has synthesized the most updated insights from authors, neuroscientists, and experts into bite-sized habits for parents to be present and create lasting connections with their children.

