

Playing the Life Lessons

Empower Your Child for Life
with exciting Games for the whole Family



Alenka Tercic

www.bestchildrenlessons.com

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Introduction

*“Good teaching is one-fourth preparation
and three-fourths theater.”
Gail Godwin*

We all want our kids to be happy, healthy, wealthy and living in abundance and loved.

But how do you explain the principles and ideas of dreaming big, goal setting, meditation, visualization and gratitude to your child? Will he even be willing to listen?

Of course one way is that you just tell them. When I tried to talk with my children about it, they just rolled their eyes.



Another, better way is to teach by your own example. But still... there are situations or lessons that you just can't wait to show.

And then there is another, fun and exciting way. Why don't we play with our children instead, putting all those principles in their lives effortlessly and playfully?

I searched the net, read the books (which I was already doing before, too) and used my imagination to tweak the familiar games, recommended assignments and exercises from self-development and motivational teachers to make them kids-friendly😊.

And here they are – more than 50 games and activities that parents can play and exercise with their children to help them understand the limitless possibilities they have and all that they can achieve.

Have fun!

Alenka

LIFE LESSONS

There are certain life principles that we need to teach our kids if we want them to be successful. And it's not the math or science. Our children need to know how to dream big. They need to look for and see opportunities for growth (both material and non-material). They need to believe in their dreams and follow them, no matter what. We want them to be grateful for the abundance they already have in their lives. They need to see and feel abundance wherever they look. We also wish they are compassionate and helpful and that they share their abundance with others.



Sounds a lot? It is, but once we start the ball rolling it gets easier and easier.

For me these life lessons can be summoned in one single phrase: **Law of Attraction**. And don't worry, if you never heard of it. And please, don't go away, if you feel, it's just some modern hype. Let me first explain, why I think this way.

Law of Attraction can simply be described in 3 steps

ASK – BELIEVE - RECEIVE

The idea behind it is “like attracts like”. Your thoughts create your reality.

"Whatever your mind can conceive and can believe, it can achieve." Napoleon Hill

First of all you have to know what you really want. And you have to ask for it in the right way. People often say “I want more money”, but in reality they want freedom, security, more free time... And they end up wanting for more money.

Or they say “I don't want to have debt.” And they have even more debt, because that's where they put their thoughts and energy into.

After we clearly define and express our wish, we have to believe that it is already on our way. We have to see the thing owning, we have to feel having it... and not doubting or second-guessing or even changing our minds. We need to stay focused and excitingly awaiting. And of course taking inspired action.

The final step is to receive the thing we wanted. Here is where the positive thinking and gratitude are of greatest importance. By expressing gratitude we expand our positive feelings and emotions and our vibrations are on higher level and thus more likely to attract or manifest things.

You have the control of your thoughts. Whatever you put your thoughts (and energy) into, that is what you get. If you really want something and truly believe it's possible, you'll get it, but putting a lot of attention and thought onto something you don't want means you'll probably get that too.

What you think is what you get. But you must know what you want and you must see it in your mind first. To be open to receive it, you have to have positive energy and positive thoughts, and showing the gratitude and helping others are great way to get both.

And don't you agree that this is what we really want for our children?

And you can call it Law of Attraction (as I do) or any other word, but the life lessons they will learn with these games are invaluable.

They will help children to see and feel the power they hold and limitless possibilities they have.

HOW TO PLAY

First of all I want to emphasize some important rules (that I'm sure you already know) that you have to take into account when teaching your child:

- **HAVE FUN**

Both you and your child should have great time at what you are doing. Teaching and learning is so much easier when you have fun. The child will more likely cooperate if you make it an entertainment.



- **ENJOY THE PROCESS**

Enjoy in the time spent together and in the learning process. Do not just pursue your ultimate goal. Sometimes the process itself is worthier than the goal. Remember that each little step brings you closer, so take little steps if necessary.

- **RESPECT THE CHILD'S NEEDS AND IDEAS**

Even when you have a specific goal in mind, follow the guidance of your child. Let him play his way, with his own pace and on his own terms. Or even if he just plays... you can still be proud to let him be a child.

- **BE PATIENT**

Every learning needs some time. Your main purpose is to teach your child through play. So let him play. This is the most important thing. Learning should come spontaneously and indirectly. Maybe your child is not in the right mood; maybe you didn't explain it very well. Or you need to give some additional instructions. Anyway, stay calm.

- **BE OPEN-MINDED**

Sometimes the answers of your little one can surprise you. Or even embarrass. Or they say something you consider inappropriate or rude. But try to understand his feelings and stand in his point of view. Maybe his remarks are not off the track at all. Especially be aware of your reactions on his dreams and visions. You never know what might happen. Remember how in our younger days we didn't have the phone, never heard of the computer and the internet. Who knows what will be possible in 20 years from now?

- **TAKE TIME**

It always takes time to learn new things. Don't expect it to be fast, and you are playing along, so it will take at least twice as you expected. What you can do is to make some activities parallel. You can talk with your child about his dreams and goals while you are waiting somewhere or you are driving or even when you are shopping.

But some games need special attention and for them make sure to take your time, because you don't want to interrupt your play and teaching with other things.

- **LISTEN CAREFULLY**

Make sure that you pay attention to what your child is saying. It will make him important and respected, but most of all you will learn a lot about your child. You can hear about his most secret wishes and fears too.

- **HAVE LOTS OF QUESTIONS**

While you play, always encourage your child to express himself. Always question why. Ask open questions, that is those that don't demand yes/no answers such as How? Where? What? With whom? ...They will inspire imagination and attention to the details.

- **ENCOURAGE CREATIVITY AND ORIGINALITY**

When your child shows or says something original and creative, remember it and empower him to do it more often. Teach your child that he is unique and help him express his own feelings and emotions. Enjoy the process and allow your child to play the games his way, with his own pace and on his own terms.

And again, **have fun, fun, fun!!!**



When you follow rules above, you show your child that you acknowledge him and his thoughts. You make him feel appreciated and listened to and that you really care.

He will more likely trust you and he will enjoy the games even more.

What is most rewarding about this, you can see the results immediately.

You will have happier and more satisfied child. He will know what he wants and how to get it. He will be empowered by his own positive attitude and creativity. And his self-esteem will grow.

There is some space provided after the description of games, so you can write down your ideas, observations, child's answers... Most of the games come with a worksheet or template (they have a little asterix in the title) – print it out and use it as many times as you wish.

One important thing – I often refer in the book to the child as a “he” or “she”. I don't want to imply any sex preferences, so you can easily convert “he” with “she” or vice versa when more suitable for your needs.

GRATITUDE

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

Oprah Winfrey

We often go through our lives wanting more and more of the things. We wish to have a new car, flat TV, phone, new love, better job, better grades... and sometimes we forget what we already have and achieved.

It is important that we understand that our current experiences are guideposts showing you that you are either on the right path of creating your desired outcomes or that you need to make some adjustments.

Only by acknowledging and accepting what we have, we can have more.

It is even more difficult for the children to see and acknowledge their positive characteristics and possessions, when they don't remember their first years and only slightly remember the rest. They may not be aware how giant their achievements have been and what kind of persistence and courage it took to be what they are now. Help them recognize that they too have a lot to be thankful for.

*Look what I have! **

Do you remember how children could brag endlessly in front of their friends about what they have? It can be really annoying, but can you make fun of it?

Get them list all the things they really have. Help them see beyond material things (although they will probably start with them).

Put on a list all their friends, things in their neighborhood and the environment (like fresh air, water, woods ...). Don't forget to mention their rights (like freedom, schooling...) and their feelings (towards themselves, other people and from others to them).

You can make a competition and see who can list more things.

Or go even further and find the pictures of everything listed to post somewhere as a reminder.

*Look what I learned/did...**

Similar to previous game, let the child list all the things they can do or know. Help him remember all the things he learned.

Start right from the first moment of his life when he started to breathe and eat. He can cry, smile... Then follow his life and remind him how he learned to eat by himself, talk, walk, swim and so on right to this day, when he knows thousands of things.

I am sure the kid will love to hear the stories of his first steps, words and first everything. But as telling the adventures of your little one could be great fun, let him come out with some ideas of his own. Let him describe what he thinks he achieved or learned.

Most of all, let him see, how special he is and how much and how easily he learned in the past.

I'm not Perfect, but...

This idea might sound strange to you, but can you list all your flaws, mistakes, wrong judgments, injustices you made...

Now for every one of them, find something positive. What happened that makes it less terrible or even something pleasant? How things turned that something good came out of it?

For example: I spill my juice on a stranger in the coffee shop. But then we get to know each other and he is a good friend now. Or... he was just looking for someone to help him in the office and I got a job. Or ... he was there with my old friend I didn't see for some time now.

*Time capsule **

What would you like to leave to your children? What would they love to remember from their childhood? What are the items you would like to see again in ten years?

Create a family time capsule with some personal items you choose from your current life? Why are they important to you? Why would you want to preserve them?

After you select those few, seal them in air-tight container and bury it in the backyard with the intent to dig it up in ten years time.

Wall of Fame

Go over your photos, all the diplomas and awards that your child brought home, gather together different items that she made and create a Wall of fame. Put things on the wall (directly or on the large cardboard), write positive and encouraging words and decorate it with some glitter or stickers.

Put it somewhere where your child will see it often, so it will remind her of all her accomplishments and progress she is making.

If your child is involved in many things, you can create different boards for different areas, like sports, school, friends...

How nice of you!

Do you notice the good deeds that someone does around you? Do you see and acknowledge positive things? Maybe you do, but does your child? Help him by pointing out activities that you find positive, helpful or nice.

Set a timeframe (an hour or a day) and let the family members notice everything positive that another member does. Look out for everything no matter how small the action is. Acknowledge it with saying »How nice of you to....«. Mention also what he did and include the positive quality.

For example you can say »How nice of you to make the beds. You are so helpful.« or »How nice of you to help me with the dinner. You are so kind.«.

By expressing the positive qualities you also empower your family members and make them feel good about themselves.

You can keep records of the positive actions and of their acknowledgments.

What are you grateful for from 1 to....

Together with your child make a list with the things that he is grateful for. The catch is that each day you write down one item more than the previous day.

You start with one item, next day you post 2 things, and so on. For example on tenth day you will write down ten items.

As time passes it becomes more challenging to come up with things to be thankful for, but that is the purpose of the game – to acknowledge the things you normally wouldn't even notice.

After some time you will have literally thousands of things your child is grateful for. Check the list often to review them, even discuss them. Make it a morning or evening ritual, so that you start or finish your day with the gratitude.

And if the list becomes too big to handle, just start from the beginning.

*Wave Your Flag **

If you were to compete or represent your family to the world, what colors would your flag be? What message would you want to give to your fans?

Find the pictures and words and put them on your flag to represent your family, your values and ideas, your mission and your wishes.

I would really love to see your flag!

*The Letter Game **

Did you play the letter game in the school, where you wrote down the name, the town, the river, the animal etc that started on certain letter?

Create categories (like Friend, Animal, Thing, Feeling...) and when you select a letter, write down one thing in each category that you are thankful for or do you find positive and uplifting.

Score the items with 3 when the item appears only on one's list and with 1 when appears on several lists. Of course, whoever collects more points, wins.

You can get an example from templates provided with this book.

Decorate a Christmas Tree with Gratitude

Make different Christmas tree this year. Instead of traditional ornaments, made from glass, paper or any other material, hang on the tree posts or pictures of the things you are grateful for. Of course you can still decorate your tree with classical ornaments, but add gratitude items as well.

You can put few items on the tree every day or you can follow the tradition of 12 days of Christmas and put 1 thing on the first day, 2 things on the second day and so on...

After the holidays and the celebrations are over and before you put away your tree, collect the gratitude posts and save them for the future.

It is a great way to remind you of all the abundance around you and it will help you to start new year with a positive attitude.

*And the award winner is...**

I am sure you would agree that important part of raising our children is to let them know that we appreciate them and acknowledge their efforts. By doing so you build their self-esteem, which is important for their future confidence.

Why don't you make it a weekly ceremony to nominate good deeds that deserve mentioning and then give award for the best one?

Make a list of nominees, reasons why they deserve to be nominated and then ... drum roll, please.... announce the winner. Explain why you chose this particular action.

The winners can get a diploma or certificate (see templates) or you can make a medal.

And don't forget the winner's prize, like an afternoon with you at his choice or visit to the zoo or something he would be really excited about.

*What would you take to a deserted island? **

Ask your child: »Imagine that your ship sinks and you are bound to live on a deserted island. What are the 3 things you would not want to miss?«

Let him explain his reasons.

Help him find more meaningful things by eliminating fear of being hungry and cold. Let him concentrate on valuables rather than essential materials for providing food and shelter. This is not a tricky question about survival, but about things that give him comfort, help him remember the family, friends...

Of course you can come up with all kinds of different scenarios to help your child determine what is important in his life.

*A letter to my friend **

Let the child choose one of his favorite friends and write him a letter.

Encourage him to describe all good qualities, great accomplishments and noble actions of a friend. Let him write about the things they share or about adventures they had together. Help him be grateful and thankful for the friendship. Acknowledge their time together. And make sure he includes a lot of feelings and emotions in the writing. He can even draw a nice picture along the words.

You can choose a template provided with the book.

Then you can actually send (or deliver) the letter to his friend. Or send it anonymously, if the child wishes so.

Could he write a letter of appreciation to someone he doesn't like?

POSITIVE THINKING

"There are always flowers for those who want to see them." Henri Matisse

We hear and see a lot of negative news, and people in general are more inclined to worry, fear, shame... It is so much easier to criticize and focus on negative rather than positive, but raising your positive thoughts and vibrations are crucial for achieving your goals and dreams.

By thinking happy thoughts you attract happy outcomes. Your energy is at much higher vibrational level and you are more aligned with your dreams.

With these games, you help your child to see the beauty within and around him. You help him focus on the positive and become more confident.

Everything is so beautiful..

Do you always see the beautiful in everyone and everything? Pass that loving feeling to your children, through this game.

Name one thing in your surrounding that you find beautiful, happy, nice or useful. Explain why you see it that way. Try to see something beautiful in everything (even the things that usually are not perceived as beautiful). The longer you play the more details you see and you start looking for not so obvious things like sun, tree and flowers. When you play long enough, you will find even the street sign nice:)

We usually play this game in the car, when children are getting bored and start to fight. I don't allow stopping until we are all laughing.

Jump for joy

How do you act when you are happy? Do you just smile or you do the happy dancing and jumping too? If you are like most adults, probably not. But why not?

Ask your child of one happy event in a day or about something he is excited about. Ask for all the details, why's and how's. Help him remember how it felt. And then instruct him to express his happiness and joy. Encourage him to shout, to jump, to run around and dance, to cry (if he wants to) and laugh out loud.

And why don't YOU jump along?

Laughing Attack

Did you ever hear of Laughter (or Laughing) Yoga? It is a combination of laughing and yoga breathing and it is based on the assumption that the body cannot differentiate between fake and real laughter, and that their physiological and psychological benefits are thus identical. People get together just to laugh, which is stimulated by eye staring and playfulness.

Ever noticed that the children are naturals for this? They make funny faces, quirky noises and peculiar moves and I'm sure your child would love to laugh along, if you make those.

So, when you have a few minutes, make your child ROFWL (roll on floor with laughter).

Let's Go Crazy!

We are always so polite and we often ponder what others will think of us, if we do something out of the society norms.

But what if you go and purposely do something unusual, strange, shocking? What would that be for you?

- Introducing yourself to a stranger on the bus?
- Dancing in the street?
- Singing?
- Laying on the floor in the middle of the restaurant?

Do something you've never thought you could do. Not because it's difficult but because of your perception of "normal" behavior. Be brave, go beyond your limits, push your comfort zone!

*Word Association **

I'm sure you know this traditional game, where one person thinks of an object or situation and then others (in turns) associate other words to it.

What you want to do is to make it more Law Of Attraction oriented and come up with positive words (adjectives too) and feelings about this object.

You can prepare some words in advance - print or write them on the notes or cards and then let the child draw one randomly. You can select words like Friend, Pet, Teacher, School, Mother, Father, Brother, Sister, Environment, Water, Tree, ...

*I love my... **

This game teaches the children to love themselves and their bodies, just as they are. It acknowledges all body parts, good or bad, beautiful or ugly...

Go from head to toe and describe every part of child's body, including limbs, organs, senses... Help the child find the positive in every one of them. And say it out loud, proud and with love as you touch that part (or where it is inside).

Of course you can play silly and use different names or adjectives (like baby-talk). You can tickle at the point you mentioned.

This game is especially beneficial, when your child feels bad about something or he complains about certain body part.

*I love you more than... **

I'm sure you tell your children that you love them. We usually say »I love you very much«. But how much is that?

Here is the game that ignites your creativity and empowers your child.

Find the most funny, interesting, unusual thing that you compare your love with. Speak in turn, so the child can express their love (and imagination) too.

...I love you more than there are trees. I love you more than there are stones on our patio. I love you more than all the fish in the sea. I love you more than all the crayons in the world. I love you to the moon. I love you more than there are stars...

The more huge amounts you can come up, the better.

When I play this with my daughter, the stars and the universe are the final destination and then she starts saying »I love you 5 times more (than there are stars)« and then we continue with the number game – 100 times more, million times more, 500 billions more, trillions more....

*Secret message to the child**

Write something positive - an encouraging thought, a quote or a poem on a piece of paper and secretly put the note in child's bed. Or school bag. Or in his pocket.

You can send a text message on the phone or leave a voice mail. Be creative and find different ways to deliver the note.

Do it on a regular basis, especially before or after exams, competitions etc. and raise positive thoughts, excitement and joy.

I often print out the pictures with quotes and slide them under the door at night.

I am sure you can find cute pictures on the internet or create your own, but for the start you can get some ideas on the worksheets.

That was my day...

Once your child is too old for the bedtime stories, preserve the ritual and this precious time with him and take fifteen or twenty minutes at the end of the day to review it.

Listen carefully, asking for all the details about everything that was said and done. Don't be judgmental or even critical, just listen and ask honest questions. You can encourage your child to assess the situations, his behavior and how he could have acted differently. Help them realize all the good things that happened and remember all the good moments.

This activity helps the children evaluate their life and their behavior in different situations. It helps them acknowledge all the good things and let go of bad.

The power song

This game is played similar to musical chairs. When you play the music, the child dances, and when you stop it, the child stops as well.

"Find what makes your heart sing and create your own music." Mac Anderson

Together with the child find some great songs that he likes and that are also positive and full of energy. Make them his power songs (if possible, burn it on special CD) and whenever you plays them he should dance, jump, laugh and altogether feel great. Point out the feelings and emotions that arise when listening to these songs.

At first this should be a game, but then eventually teach your child to listen to this music to help him raise his spirit, especially when he is alone or he is feeling down.

*Affirmations Memory **

Affirmations (or positive self-talk) are used to help you feel better, create positive attitudes and achieve desired goals. They help us focus on what we want.

First come up with short, clear and simple affirmations. Keep it in the present tense and preferably start with »I am...«, “I have...”, “I own...” statements. Here are some examples, but you could make your own as well.

- I am great.
- I am beautiful.
- I am good at...
- I am a fast learner.
- I am very creative.
- I am unique and valuable.
- I am proud of ...
- I can do it.
- I believe in me.
- My dreams are coming true.
- I create a beautiful, joyful day for myself.
- I deserve good things.
- I am always in the right place at the right time.
- I am safe.
- I feel happy.
- I am friendly.
- I am helpful.
- I am a good listener.
- I have lots of friends who love me.
- I am healthy.
- I am strong.
- I am in great shape.

Now, find pictures to match those statements. Create cards with pictures and affirmations (each card should have a picture or a statement on it). Have them laminated or glue them on the board.

Of course I already prepared some to start with.

Use cards to play memory with them – matching the picture with the affirmation.

When you are not playing, keep them in a box, close to your child's reach. He can draw a random card out of the box every morning to start the day in a positive manner.

DREAMS AND GOALS

Do we really know what we want? Often times we believe we want something and when we get it, our life is still the same. We should dream big and have impossible goals that bring the best out of us. We must understand what drives us and why.

***"Dreams are free,
so free your dreams." Astrid Alanda***

How many of us forgot our dreams when we grew up? Or get caught in someone else's dream?

The children are innocent, they still have limitless dreams, that are not obstructed by all those fears and limiting beliefs that we adults carry on from our childhood. Keep their spirit alive and nourish their dreams.

Engage their imagination!

These activities are really great when travelling or waiting, when you have lots of time, and you can capture child imagination and keep him busy and amused. Try to make the most of it, but don't forget it's all about fun!

*Answer, my genie! **

Imagine that you find a magic lamp and out of it comes a giant genie. He will grant you any wish you want. **What would you wish for?**

Encourage your little boy or a girl to come up with the craziest and biggest wish they can imagine. Nourish their thoughts and help them develop the story around it. Respect their ideas and don't try to imply yours. It doesn't matter if he doesn't want to fly to the Moon or save the world hunger. But encourage him to think big anyway. A new toy is not something you would ask genie for, is it?

Let the child describe his wish into every detail he can imagine.

Help him with the questions:

- What would it feel like?
- How would it look like?
- Who else would be with him enjoying it?
- How would this change his life?

*When I grow up... **

Let your child describe how she will live 10, 20 or 30 years from now.

Help her imagine **the ideal life**:

- how will she live,
- where will she live, what country, what neighborhood...
- what house/apartment she will live in,
- what she will do for a living,
- what things she will have,
- where would she spend her holidays ...

Focus also on her **family and relationships**:

- what qualities will she search in her partner,
- what will she be doing with her friends,
- what kind of social life will she have...

Don't forget to ask for his parenting ideas, as you just might be surprised. Remember, children look after the relationship and family you have, so be prepared to hear things you might think were unnoticed or you didn't realize them. They might even teach you something by pointing out your family patterns.

*If I had a million dollars... **

How many times you say: *“If only I had more money...”* or *“If I had a lot of money, I would...”*.

We all know that a lot of things on our wish list are free or cost very little. And that sayings like this are limiting beliefs we are putting on ourselves.

But what if you were granted 1 million dollars? That kind of money is a lot even for the adults, let alone the children.

Let's say he just gets it from somewhere, all at once.

- What would he do with it?
- What would he buy?
- Would he save some?
- Invest?
- Would he buy anything for others? Maybe for the school or the community?

Encourage him to think about donating some. This could also be a good opportunity to teach the value of sharing and giving.

*Where did money comes from**

Can you imagine different ways that money could come to you?

Let's say for the start – 20\$? 100\$ more\$\$\$

- he was awarded for some achievement,
- he helped an old lady in the store and she sends him the check,
- he found it in the sandbox,
- he won the trivia quiz on TV...

Who can come up with the best resource, most unbelievable way or just as many ways as possible?

This game will help you realize that the HOW can really be unpredictable and how important it is not to limit ourselves to our own ways, but leaving open all possibilities.

*Money bank **

We believe that our lives would be much better if we own a lot of money. But do you really know what you would buy, if you had millions. It is not the money after all that we want, it is the happiness, joy, freedom, adventures...

Let's pretend that you have a bank, which delivers your child every day 100\$ more than previous day and she have to spend it. On the first day she receives 100\$, the second 200\$ and so on. When you reach 1000\$, move up by thousands.

You can print the template with cheques with different values to deliver.

What would she buy?

I can tell you, it's not difficult for the first few thousands, but then you get out of the ideas. And we think we want so much.

Encourage her to think big, to go places, and to do things she could only dream about. Let her explore different possibilities, search the web and magazines... And give some for a good cause as well.

It's great game to play while driving as well, just go in turn and when everyone spends his money, give him more.

*99 things in 99 days **

Can you come up with 99 things you can do in next 99 days?

The list can include such things as

- going to the library,
- cooking a dinner,
- reading a book,
- flying the kite,
- going to the zoo or
- climbing a mountain you talked about for so long.

Try to be realistic as how much one can do in around 3 months, but even so put on the list some things you've never done before and are willing to try.

But remember, parents are there to support the children. If you want to encourage them to come up with all these activities it's only fair to play along and help them tick them off the list, as some might require your participation and/or supervision.

*Around the World **

In the summer time and during the school holidays, families are more likely to travel and take some vacation time together. But until then, you can learn about new countries and see how it would be to spend the summer there from the comfort of your home.

Pretend that you are traveling around the world. With some help from the parents, internet and atlas find your way around the globe. Where would you go? How would you travel?

Collect colorful pictures from magazines of different destinations and make your own photo album. Find out what there is to see and to do.

Discover different possibilities for different places. If you have lots of time, collect more data for each country that you would visit. Learn about everyday life of the nations and dig up interesting facts.

You can pinpoint different places on the map that you find among templates.

Besides passing time and have some fun doing it, you will discover what you like the most - what kind of places would you go and what kind of activities would you do. After that it will be easier to imagine your dream vacations or your future destinations.

*Think big, bigger... **

We want our children to dream really really BIG.

Let her choose one thing, and then provoke her to describe bigger (not just by size) and better thing of the same kind. And then even bigger. How big can you go?

Ask for details and specifics, for “special edition” items, for rare characteristics...

Maybe this can be best described with example - if she says I want to have a new doll, let her think bigger (I want to have a Barbie), but then keep pushing some more (I want to have a new Barbie doll with wedding dress and white horse).

You can play this game with ordinary items you come up on your way to school like car, vacations, school bag. Or you can start imagining some things your child always wanted. For everything there are always bigger and better variations.

What's the worst thing...?

Writer and lecturer Dale Carnegie taught this powerful method to deal with fears.

When your child expresses his worries about something, ask him this question: **“What’s the worst thing that can happen?”**.

Start with some possible situations and provoke him to come up with some unbelievable possibilities. You can even make them funny (but be careful not to make fun of your child), as saying some even more horrible things. Compete with the child, who can come up with worse scenario.

If he is in school, the example would be «I'm scared of the test.»

Who finds the funniest thing to happen? Like the chair brakes. Or the teacher falls. Or the paper gets on fire...

Let the child realize that some consequences are not even probable and even though some wouldn't be fun to experience, he could certainly handle them if they did occur.

VISUALIZATION

“Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible.”

Cherie Carter-Scott

I am sure you heard the saying “Thoughts are things.” Every single thing in your life started with the thought. Someone created it in his mind first, you wished for it in your mind before you actually get it.



Our thoughts are powerful and they do come true! Not all thoughts of course, but those that are concentrated, well-defined and repeated often. By changing our thoughts and mental images we change our "Reality". We change the "illusory" world we believe we live in.

When your child knows what he wants, it is essential that he clearly sees his dreams and goals come true and that he can imagine how would it feels like when completed.

The idea here is to help the children talk about different situations, describing them in every detail. Let them include all the senses, what they see, hear, even smell and touch. Let them also describe feelings and emotions. More detailed and vivid the description, more chances are that dreams come true, because they give more of their positive energy, excitement and expectations into them.

*If I lived in a castle... **

Did you notice how kids love a dream world of the castles? There live the princes and princesses with their lovely horses, magic wands, knights in the shiny armor, servants... Who wouldn't want to live like that?

- How it would be to live in the castle?
- Who would live with them?
- How would they be dressed?
- Would a castle be big like Buckingham Palace or fairy like Disney's? Would it have a park?
- What would they be doing?

Maybe he can draw a picture of his castle.

The questions are limitless, as is the imagination of our little ones. Wake up the story-teller in them.

*What is my hero doing right now? **

Does your child have a cartoon or film character he admires a lot? I am sure he has at least one, he likes to watch on TV or in the book.

Ask him throughout the day what he thinks the hero is doing. Let him describe in detail the situations, the characters, the conversations they have... Is he helping or saving someone? Plays with friends?

You can even encourage him to talk and walk like the character (although I believe that encouragement won't be necessary😊).

Just be certain that he chooses a positive character, you don't want to support any fights or even (fictional) killings.

*If I were an animal **

Sometimes the child's best friend is an animal. Or he likes animals and talks about them all the time. Maybe he has an animal toy he can impersonate.

Let him pick the animal, he is most fond of and let him describe it to you. Not just physical characteristic, but the attitude, the character, the behavior. Where it lives, who are its friends, how he »talks« with his family...

And then ask your child what his life would be like if he was this animal.

What would he do differently? How would he change the world around him?

Sometimes the children are more open, when they talk through the mouth of someone else, and you just might find out what bothers him. Or he can explain the great life mystery to you.

Grow a tree

Not just visualization, the meditation is as important as well. It helps your child to calm down, to quiet the mind and to listen to his inner world.

If your child is not familiar with the meditation, you can lead the way first few times. Describe how a rose would grow. Draw every detail about putting the seed in the soil, growing first tiny roots and then up to the fragrant blossom. Talk slow, calm and with low voice, ideally the child would lay, with the eyes shut. Inspire him to imagine the growth.

Now let him describe how a tree would grow. Encourage him to describe the growth from the first little root to being a magnificent tree that provides shelter for lots of animals.

Again, be specific as possible, including many details and all senses.

Listen to the Wind

Lay still underneath the tree and listen to the wind.

Imagine that it is telling you a story about its travels around the world.

What would it tell you? Would its story be happy or sad?

Help your kids with the questions:

- What is it saying?
- Where does it come from?
- Where is it going?
- How does it feel in the tree above us?
- Who did it meet?
- What it likes the best?
- Does it have any friends?

Describe how it helped at different places (at sea, windmill...) and what impact did it leave on people's lives.

Vision Board/Scrapbooking

Our brains work in pictures. So why don't give them some food?

This activity is perfect for long winter afternoons, or for the holidays. Great time is around New Year, when everybody talks about good wishes and new beginnings.

Prepare a large sheet of paper, lots of magazines and a computer. Discuss different aspects of life with the child, like family, health, friends, environment, hobbies... Let him find the pictures to represent these ideas. For example if you are an animal lover, you could find cute animal pictures to represent friendship.

Inspire the child to come up with his own ideas. The more he will search the magazines or internet, the more things he will find that he would like to have. So reserve a lot of time 😊.

If the paper is not too big, you can laminate it and use it as a placemat. You can hang the poster on the wall or start creating a scrapbook (a book or notebook used for your pictures/ideas/clippings collections).

Miracle box

Once your child gets in the feeling of collecting the pictures of all kind of things he would have (and - don't forget - BE), get him a special box to put all the pictures in it.

It doesn't need to be a bought expensive box; you can redecorate a shoe box together with your child. This could make it even more special.

Stimulate the child to regularly put pictures in it. You could provide some family time once a week to gather the pictures and review the ones already in the box. Talk about them and feel having the items. Observe and acknowledge all the things that already came into your life.

Create a ritual around putting the pictures in the box and closing it, you can even say a magic words like »Everything I put in this box is mine«.

Follow my story

Start telling a story about something or someone in your life. You can pick a person or an animal, or even a plant. The idea is that next person repeats your part (sentence) of the story and tells his own sentence, which describes life and things in the life of the character.

When playing this game with the children, keep it simple and always remember to inspire positive evolvment of the story. Provide some clues if necessary to help children come up with the ideas.

After playing for some time you should have the greatest children story ever. Don't forget to write it down as it could be a fond memory or maybe next best-seller. All you have to do is get it illustrated (preferably by your child).

Let's make excuses...

This game is opposite to all others described before.

Instead of being positive let the child come with as many excuses as he can.

Why don't you make fun of those little lies? Now find a situation, either something you would like to be in or something you would rather avoid and find as many excuses as you can.

For example: "I don't want to go to the grocery store!" and the excuses might be: my leg hurts, I have a headache, it's too far away, I have to do homework, I promised a friend to help, my tire is flat, the dog ate the shopping list...

Discuss each one, but do it in positive manner, with respect and humor. Turn it around so it comes something positive out of it.

Make as many as you can and make them funny too. Soon you will realize what little lies are you telling in your real life too.

It will give you the insight to his limiting beliefs and, if you are lucky, the child itself will realize that they are just the words and that they do not necessarily have to limit his life.

Camping in the living room

Did you ever go camping? Did you like it?

When the weather is rainy you can make your camping trip to your living room and re-create the actual trip you took before.

Build blanket tent and pretend that you are camping in the wilderness.

- Where did you go?
- What is the place like?
- What do you do there?
- Discuss what it would feel like?
- What kind of activities you would engage?

And don't forget to listen to the animals, wind, water... Maybe you can compete in imitating those sounds. Or play pantomime guessing game. It's all about imagination and pretending. The better you get, easier will be to imagine unknown and uncommon things.

*Best day of my life **

Can you imagine you can create a perfect day in your life? That you can choose how you will spend every moment of it?

Now encourage the child to describe, how his perfect day would look like. A day he would never forget. A day he would say: “That was the best day of my life!”

- When would he wake up?
- What would he eat?
- Where would he go?
- Whom would he spend it with?
- What would he be doing?

Let him be specific as possible. And of course, don't forget the emotions and feelings.

PAYING IT FORWARD

“Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.”

Scott Adams

“Paying it forward” is an idea, that you do something good to someone to repay the good that has happened to you.

Teach your child to find the ways to do something good to others. Let him do something nice to someone he doesn't know or doesn't know well.



Show your child, that in order to create a great difference in the world he doesn't need a lot of time or money, but it can be made with small acts of generosity and encouragement that he performs every day.

Help him to pay attention and observe the world around him to see opportunities to help someone. It will also help him be more alert to unexpected kindness from strangers toward him.

Always remind the child that he should not expect something in return. Sometimes the people will not even be grateful, but don't let him be discouraged.

Remember, every act, no matter how small and insignificant it may seem, creates an effect much bigger than we can imagine.

*I am a Superhero! **

Ask your child to pretend that he is a superhero. Who wouldn't want to be the one with superpowers. He can see through walls and hear the distant crying.

- What does he see or hear?
- Who will he help?
- What would he do to improve the world?
- How would he do it?

Stimulate your child to be as specific as possible, but do not limit him to what you think is doable. He is a superhero, he can do things that no one can. Let him imagine beyond the reality.

*Secret note **

Your child could be very excited about getting positive messages, but she can deliver secret notes to someone else.

All she needs is a little encouragement to come up with the sweetest, cutest and most loving letter. You can help with the quotes and poems, or let her write something in her own words, with her own picture.

I am sure she will gladly conspire in the secrecy. Help her get the note unnoticed to the recipient, if needed.

Of course it is not just note that can be delivered; there could be sweets, pencils, erasers, and fruits... anything that does not break or spill.

Speak about her feelings.

Hugs and kisses day

Make it a family »hugs and kisses day«!

Decide on the date, when all of your family members are mostly at home and start your day with the kisses. Whenever you meet another family member around the house, hug and/or kiss him.

Make it a fun activity and try to hug differently every time. Make sure you really put yourself in it and show your love.

Eventually you could notice that you are meeting more often than usual😊

You can go one step further and leave kisses (of any kind - on notes, from cardboard...) around the house for other family members to find them.

*I can help **

Talk to your child about your neighbors and friends and try to come up with ideas, what can he do for them.

Make a list of people he will help and write down all the ideas.

He can go to the grocery shop or pharmacy, walk the dog, water the flowers, mow the lawn, baby-sit their child...

Try to reach out to the people and at the same time be creative as possible. Prepare a doable plan that your child can implement in near future and help him do it.

Sometimes children come up with things, that we as adults do not consider possible or appropriate, but try to be open minded. You never know what can come out of it.

You can do good for the strangers too, or for the community. You can for instance leave flowers at the neighbors' doors, put encouraging notes at the windshields, pick up trash, hug someone, smile...

Discuss with your child some actions and encourage him to come up with as many as possible.

Maybe you can even make a family activity out of it or you can get some other children involved and when done, acknowledge their efforts and prepare some juice and cookies.

What can you give?

It is not just money that can be given. Try to teach your children that their things, time and effort can be as valuable to someone else.

He can give away his toys, books, clothes... Together with your child find the things he can give and then locate an appropriate charity or society to bring those things to.

Or when you find a charity, try to come up with the things they might need. Help the child deliver those things, or even better help him organize a raising.

When I received a mail from a friend, that a local shelter needs blankets for the animals, I encourage my daughters to call their friends and ask them if they have any old blankets (or rugs, towels...) that they can give. They published their intent in school and on Facebook and we collected few boxes to deliver to the shelter.

*Butterfly effect **

From Wikipedia: *»The phrase refers to the idea that a butterfly's wings might create tiny changes in the atmosphere that may ultimately alter the path of a tornado or delay, accelerate or even prevent the occurrence of a tornado in a certain location.«*

Why don't you play with the child around that idea and try to describe, how one little event (like smile, hug, a cent...) could change the world?

For instance when child smiles to a teacher, she smiles to bus driver, he then smiles to his wife, giving her a hug too, and because of that she smiles to her hairdresser and so on...

Or try the money – what happens, when you pay someone, how it travels around making global economy wealthier.

Focus on spreading the joy, laughter and positive effects. See how a good deed spread the world, changing the behavior of people involved in this chain reaction.

CHALLENGES

"Give yourself an even greater challenge than the one you are trying to master and you will develop the powers necessary to overcome the original difficulty."

William Bennett

Now that you and your child came this far, go beyond these principles of the law of attraction and put them in the action.

Remember that in order to Law of Attraction Works for you, you must include all the principles described before.

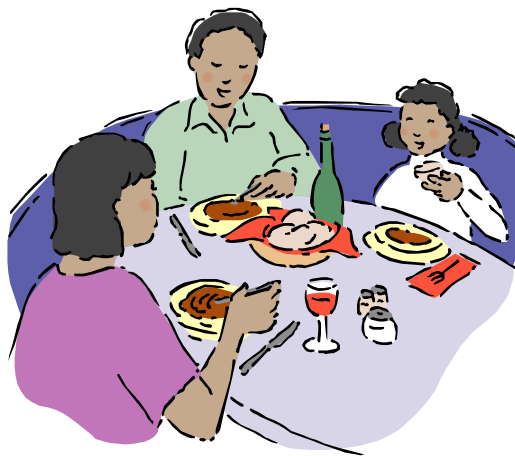


Let's see how they work all together for you.

Just for the fun of it!

Your table is ready...

I believe that a basic attraction and manifestation challenge is how to find the parking place. Well, I also think that your child doesn't have a driver's license and a car yet, so make him try to get the specific seat in the cinema. Or a place in the pizzeria.



Before you go out for dinner, discuss with your child, where he wants to seat.

If you know the place, decide what table will you have? Which waitress serves you? Remember the details you know and add some of your own.

If you have never been in this restaurant, make up all the details - what kind of tables, chairs, flowers on the table... will be there.

Imagine the atmosphere, what the waitress will say to you, who else would be there... Try to create the whole evening in your mind first, then see how everything turns out.

Find pink elephant

Imagine a thing (animal, food, toy...), that is rare to find in your life (like you never buy this thing or it is not often in the magazines or books). One example is pink elephant, but it can really be anything.

Now try to imagine how this thing looks like, describe it and feel owning it, touching it...

Create affirmations and put them all around your house (or room) to see it frequently. Your child can even draw his own picture.

Observe how it will come to your life. And beware, do not limit yourself to »your« ways, be open!

Be me!

Do you dare to encourage your child to act as if she was you?

Let her act and talk your way, let her even dress your clothes and wear make-up (if she is pretending to be a mother, of course 😊).

For more fun, you can pretend to be her and exaggerate her usual behavior and language.

Just a word of caution – do not be too sensitive, judgmental or even angry as you might hear and see the things you don't like, and I believe, don't realize about your attitude to your child. Again, be open and use this exercise to learn about your shortcomings and to improve your relationship with your child, which is why you are doing this.

Treasure hunt

Make it a family afternoon and prepare a treasure hunt.

Put clues around the house (or backyard), including a positive statements, quotes or affirmations, that can lead children from one hiding place to another. At the end, have treasures for everyone (there could be pictures to hang on the wall, wristbands with LOVE inscribed, bookmarks, door hangers...) - keep it simple and powerful, showing your appreciation and support.

Or you can play another version, where you give your children all the clues, and they are supposed to collect the items around the house. You can help them by hot/cold navigation. This version is especially suitable for smaller children, so keep the clues simple in order not to spoil the fun.

*Competition in Kindness **

Do your children love to compete? Then prepare a competition in kindness.

First set up the rules, what is considered an act of kindness and what is not. Think about the behavior you want to improve or acknowledge. It is important, that you explain to the child, that not everything good or kind, that he does, is valid for the competition. For example if he feeds his cat – he did a good thing, but if it is his duty to do it, it doesn't count. But the act of kindness would be if he feeds a stray cat.

Prepare a spreadsheet to record all the acts. It is best to have the stickers to put by child's name. Decide on the timeframe, which should not be too long so that children stay motivated.

And prepare the prizes, both for winner and others, as they all deserve to be awarded.

Mystery friend

Help your child to be a secret friend to someone, maybe the schoolmate or the neighbor kid.

Help him make the notes with encouragement and positive messages. Buy some sweets like candies, lollipops or chewing gums.

He can also create small gifts (like bookmarks, pictures...). Be creative and resourceful. And remember you are teaching your child that giving is not about buying presents, it's about creating a feeling and memory.

Now encourage your child to deliver the gifts to the friend. He can give one at a time for a certain period or several at once but to different places (like bag, pockets, in the book...). If necessary help him deliver the gifts to the friend.

Take some time to evaluate his feelings and emotions about what he is doing. Let him talk about the reaction of the recipient. But make sure he doesn't tell about it or even brag in front of his friends.

Can he keep the secret?

About Me

Ever since my own childhood, I had a passion for children, baby-sitting and taking care for them all around our neighborhood. My favorite game was "playing school".

But when the time came to choose the profession, I followed other people advices and studied Economics. I graduated from the University of Ljubljana with a bachelor's degree and later received MBA from Clemson University, South Carolina. I spent 15 years in the professional business consulting, facilitating organizational and cultural changes in small businesses as well as global enterprises.

I was always interested in why some people were very successful and other people were not and I read hundreds of books on motivation, inspiration and self-development.

The childhood feelings came back when I had my own children. As I was learning to nurture, nourish and guide them, I searched, investigated and studied all kind of resources to be as good parent as I could. And I personally grew with them.

I became more and more dissatisfied with my job in the business world, and decided to turn my passion to my new vocation - helping children and their parents to define and pursue their dreams, living creative, joyful and magnificent lives.

My mission is to help and support parents at their most important role in their lives, providing them with different resources, ideas and common sense advices to raise prosperous, accountable and creative kids.

I believe that my life experiences of raising my own children, setting and achieving goals and managing the change along with my supportive, positive and caring personality can make difference and empower parents and children to live to their full potential.

I am the author of **The BEST Children Lessons**, a **blog** where I discuss different aspects of parenting and **The Raising Sparkling Kids coaching program** to help parents with the raising conscious, abundant and, well, sparkling kids. I am a host of **interview series Sparkling Kids**, where I talk to experts, coaches and parents about parenting and kids.

I am founding member (and CFO) of “Medved Zdravko” – association for helping children using the EFT and Tappy Bear in Slovenia.

I live in Ljubljana (Slovenia) with husband and our two teenage daughters, two bunnies and a dog. In my free time I like belly dancing, running, swimming and skiing and am always on the search for the good book. I enjoy travelling and meeting new people.

Additional resources

For even more ideas and resources about Law of Attraction, parenting and children, visit www.bestchildrenlessons.com or check out Raising Sparkling Kids coaching program at www.raisingparklingkids.com.

Join me when I interview experts, coaches and parents about parenting and kids every other week at www.sparklingkids.com

I would be honored if you share your comments and your experiences with me. Let me know how you like the book, what your child likes the best and how it helps you to raise prosperous children.

You can always email me to alenska@bestchildrenlessons.com

Let's make friends on Facebook too

<http://www.facebook.com/alenska.tercic>

And remember, **always have FUN!**