



INNER GAME ACADEMY



UNDERSTANDING MODULE 1: MINDFULNESS FUNDAMENTALS

YOUR CHILD IS LEARNING “ATTENTION TRAINING” – THE ABILITY TO FOCUS THEIR MIND LIKE THEY FOCUS THEIR BODY IN SPORTS. THIS FIRST LESSON TEACHES THEM A SIMPLE BREATHING TECHNIQUE THEY CAN USE ANYWHERE

HOW TO SUPPORT AT HOME

- Ask “Did you practice your breathing technique today?” (without pressure)
- Model calm breathing during your own stressful moments
- Practice the Athletic Breath Focus together as a family activity
- Celebrate effort over results: “I notice you tried your breathing technique.”

WHAT NOT TO DO

- Don’t quiz them on techniques or demand demonstrations
- Avoid making it another “homework” assignment
- Avoid saying, “just calm down” – instead say, “try your breathing technique.”
- Don’t use mindfulness as punishment: “Go breathe and calm down.”
- Resist the urge to “fix” their stress with mindfulness

