

# Anticipating Magic

## FOR KIDS! (AND ADULTS TOO!)

Caring includes compassion as we notice stressors, suffering, hardships and challenges, including our own, and being moved to make it better. Amid busy schedules, children may not always notice when they are struggling —stressed, overwhelmed, or sad —or they may ignore their own emotions and signals as they march forward to meet the demands of their lives. This can hold true for adults, too.

One way to activate self-care is by encouraging ourselves and others we care for to plan and make time to explore interests and engage in enjoyable activities.

### HERE'S HOW TO DO IT:

#### Reflect

Write down a list of enjoyable activities.

#### Schedule

Identify time when you or others (child, coachee, magic buddy, family) can do one or two of the activities.

#### Track

Place the Anticipating Magic planning sheet in a visible location and track the activities by adding a symbol, sticker or checkmark when they are completed.

