

YetiGuide Cheat Sheet: For Parents

Refer to these tips to start, guide and end your Mind Yeti sessions at home.

BEFORE YOU YETI:

Assume the position.

- Ask your child to find a comfortable seat, either at their desk, on the floor, or in a special spot in your home that you've designated for Mind Yeti sessions.
- Take a seat yourself, and model your Yeti Body: sit up straight, place your feet on the floor or crossed in front of you, and place your hands face down on your legs.

Let your child know what **to** expect.

- Explain what you'll be doing. Choose from these talking points, or develop your own:

If it's your first time, say:

"Today, we're going to try out a new way to get our minds ready for [whatever's next]. It's called Mind Yeti, and it's super easy. All you have to do is listen and follow along."

If it's the 2nd, 20th, or 200th time, say:

"It's time to get our minds ready. Let's Yeti!"

Let your child know what **you** expect.

- Setting some [ground rules](#) the first few times you Yeti will help things go smoothly. Students will likely need to be reminded of the ground rules.

WHILE YOU YETI:

Model mindfulness.

- Sit in your Yeti Body, close your eyes, and breathe along with the guided audio.

Manage disruptions:

- Some kids may wiggle, make noises or do other things to disrupt the session. Manage behavioral outbursts as quietly and unobtrusively as you can. Here are some suggestions:

If a student is...	Try...
Clearly not engaged in the session, but is not disrupting others.	Waiting until after the session, and pulling your child aside. Have a 1:1 conversation about what might have prevented them from participating today. Ask for their participation next time.



If a student is...	Try...
Wiggling or fidgeting in a way that distracts others.	Getting up quietly and moving close to your child, using your proximity to communicate a reminder to be still. You might put a hand gently on his or her shoulder.
Making noise that makes it impossible for others to focus on the session.	Opening your eyes and making eye contact with your child. Use eye contact to remind your child to focus.
Continually disrupting the session through any means.	Pausing the session. Say: <i>"I can tell you're not ready to Yeti today. That's okay. I'm going to finish the session on my own. You can..."</i> Point your child in the direction of something else they can do silently so as not to disrupt others. Finishing the session on your own sends an important signal; it lets your child know that mindfulness is important to you.

AFTER YOU YETI:

Debrief the experience.

- Each Mind Yeti session ends with a few reflection questions. Children will often answer the audio guide verbally or with a head nod. When the session ends, you can repeat the reflection questions you heard, and ask your child to share their responses.
- Share your own observations, such as *"I noticed you were sitting very still in your Yeti Body today."* or *"I noticed you took a bit of time to get settled, but once you did, you really did a great job of staying focused."*
- Be human. Model for kids how to reflect by sharing your experience, such as, *"Wow, it was really hard for me to focus today. I think I am still a little amped up from that soccer game we watched after school!"*
- Consider a quick dipstick assessment such as: ask your child to rate how calm, focused or connected they feel on a scale of 1-5 by raising their hands. Or ask your child to show you how it went with a thumbs up, thumbs down, or a "thumbs sideways."

Transition to the next activity.

- Mind Yeti makes a great transition activity. As you close the Mind Yeti session and transition to whatever is next in your day, take the sense of calm, focus and connection with you.

Share your success and troubleshoot challenges.

- Mind Yeti is used by thousands of parents, educators and mental health professionals across the globe. Connect with other users to get support and celebrate your work:
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 - Like us on Facebook: [@MindYeti](https://www.facebook.com/MindYeti)
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