

TEACH YOUR CHILD TO "RAIN" ON THEIR NEGATIVE THOUGHTS

Our minds constantly create mental drama. Sometimes it's so powerful that we actually believe it. And we make ourselves miserable because of it. When you teach your child to surround their negative thinking with compassion, it becomes easier for them to move on.



THE **RAIN TECHNIQUE** CAN HELP YOUR CHILD BECOME THEIR BEST FRIEND
INSTEAD OF THEIR OWN WORST CRITIC.

RECOGNIZE → **ALLOW** → **INVESTIGATE** → **NON-IDENTIFY**

R STEP 1: RECOGNIZE THE TROUBLING EMOTION OR THOUGHT

ASK YOUR CHILD:

"How are you feeling?"
"Where do you feel it in your body?"

THEY MIGHT SAY

"I'm so mad at myself for failing my spelling test. I am so stupid!"

A STEP 2: ALLOW THE MOMENT TO HAPPEN

TELL YOUR CHILD:

"We need to let our thoughts and feelings just be there. Even if we don't like it. It's okay to feel this way."

I STEP 3: INVESTIGATE WITH KINDNESS

ASK YOUR CHILD:

"When have you felt the same way before?
What do you need right now?"

THEY MIGHT SAY

"I felt the same after my biology test...I'm bad at it too."

N STEP 4: NON-IDENTIFY

TELL YOUR CHILD:

"Sometimes we have angry thoughts and feelings and it's okay. Our thoughts are not always true though so we can't believe them all the time. Our thoughts and feelings come and go. **They are not who we are.** You can pretend that your angry, sad feelings and thoughts are like clouds. Clouds pass, the sun comes out again, and you feel better."