Veronica Moya
GUIDING KIDS TO INNER WISDOM

How to Calm Your Child's Big Emotions in Minutes

A Parent's Emotional Reset Guide

MINDFUL V™
METHOD



WELCOME >

Veronica Moya
GUIDING KIDS TO INNER WISDOM

A Note to Parents

Does Your Child Struggle With Big Emotions?

Today's children are growing up in a fast, overstimulated world.

Between school pressures, technology, busy schedules, and constant stimulation, many children experience emotions that can feel overwhelming, both for them and for the adults supporting them.

If your child sometimes struggles with **anxiety**, **frustration**, or **big feelings**, you are not alone.

The good news is that **emotional regulation is a skill that can be learned.**

Through simple practices like **meditation**, **affirmations**, **and gratitude**, children can learn how to calm their nervous system, understand their emotions, and respond to challenges with confidence.

This guide introduces a few simple practices from the Mindful V™ Method that you can begin using with your child today.

Children are not born knowing how to manage their emotions. But with the right tools, they can learn.

Veronica Moya
GUIDING KIDS TO INNER WISDOM



Meet Veronica Moya

My name is **Veronica Moya**, and my passion is helping children learn how to **understand their emotions** and **grow with calm**, **confidence**, and **inner strength**.

Today, many Parents work incredibly hard to provide for their families.
Life is busy, **responsibilities are many**, and **parents are often doing everything** they can to build a good future for their children.

But the **most Valuable Gift** we can give our children is **not resources, possessions, or opportunities.**

The Greatest Gift we can give them:

- Our kind of love,
- Our guidance, and
- The emotional tools that help them navigate life as they grow.

Children carry with them the love we show them..

- The patience we practice with them
- The discipline that teaches them responsibility
- The wisdom we share when we help them understand their feelings.

These are the things that stay with them throughout their lives. When children learn how to ;

- understand their emotions,
- manage challenges, and
- believe in themselves,

they develop something incredibly powerful, emotional resilience and inner confidence.

These qualities support them not only in childhood, but through every stage of their life journey, in their friendships, their learning, their decisions, and the way they see themselves.

This is why I created the **Mindful V™ Method**, to **help children and families** build these emotional skills through simple practices like mindfulness, breathing, affirmations, and gratitude.
Because when we help a child understand their emotions, we are not just helping them today.

We are giving them tools that will guide them for the rest of their lives.



The Mindful V™ Method

Has helped children and families develop emotional tools that support calm, confidence, and resilience.

What is the Mindful V™ Method?

The **Mindful V™ Method** is a gentle emotional wellness framework created to help children develop calm, confidence, and emotional resilience.

Through simple practices like Meditation, Affirmations, and Gratitude, children learn how to calm their nervous system, understand their emotions, and respond to challenges with greater confidence.

Rather than Suppressing Emotions, the **Mindful V™ Method** teaches children how to recognize, regulate, and express their feelings in a Healthy Way.

These practices help children build lifelong emotional skills that support mental well-being, resilience, and inner balance.

The "V" in Mindful V™ Represents

- **Validation**

Children learn that their feelings are safe and important.

- **Visualization**

Meditation and Imagination help children access calm and inner awareness.

- **Vital Practice**

Daily habits like meditation, affirmation, and gratitude strengthen emotional resilience.

Veronica Moya
GUIDING KIDS TO INNER WISDOM

How the Mindful V™ Method Helps Children

- Helps children calm big emotions
- Reduces anxiety and overwhelm
- Builds confidence and positive self-talk
- Improves focus and emotional awareness

Children experience many emotions every day, excitement, frustration, worry, curiosity, and sometimes overwhelm.

The Mindful V™ Method helps children learn how to understand these feelings and respond to them in healthy ways.

Through simple practices like mindful breathing, affirmations, and gratitude, children learn to calm their nervous system, build confidence, and strengthen emotional resilience.

These small daily practices help children feel more balanced, focused, and emotionally secure.

Over time, these tools support children in developing lifelong emotional skills that benefit their well-being, relationships, and learning.



These practices support both emotional and mental well-being in children.

Veronica Moya
GUIDING KIDS TO INNER WISDOM



Simple Practices to Get Started



Mindful Breathing / Meditation
Helping children slow their breath so their body can relax and calm down.



Positive Affirmations
Simple phrases that build confidence and strengthen a child's inner voice.



Gratitude Practice
Helping children notice positive moments and develop emotional balance.

You don't need special equipment to help your child develop emotional calm.
This method can support children in regulating their emotions and building confidence.

These small daily practices help children slow down, reconnect with their feelings, and develop emotional resilience over time.

The Mindful V™ Method focuses on simple tools that families can easily practice together at home.

These practices take only a few minutes but can make a lasting difference in a child's emotional well-being.

Veronica Moya
GUIDING KIDS TO INNER WISDOM

The Mindful V™ Emotional Reset Practices

The Mindful V™ Method uses simple practices that help children regulate their emotions and develop inner calm.

These tools can be practiced in just a few minutes and help children reconnect with their breath, their thoughts, and their feelings.

Calm Breathing / Meditation

Slow breathing helps children relax their body and calm their nervous system when emotions feel overwhelming.

Safe Place Visualization

Guided imagination helps children feel safe and grounded during moments of stress.

Positive Affirmations

Affirmations strengthen a child's inner voice and help build confidence and emotional resilience.

Gratitude Moments

Practicing gratitude helps children shift attention toward positive experiences and emotional balance.



These practices can be done at home, before bedtime, or whenever a child needs help calming big feelings.

Veronica Moya
GUIDING KIDS TO INNER WISDOM



Practice 1: Calm Breath/Meditation

- **Imagine a Balloon.** Ask your child to imagine a balloon inside their belly.
- **Slow Breath In.** Take a slow deep breath and fill the balloon.
- **Slow Breath Out.** Gently breathe out and let the balloon deflate.

When children feel overwhelmed, their nervous system becomes activated and emotions can feel very big.

One of the fastest ways to help the body calm down is through slow, mindful breathing.

The Calm Breath practice helps children slow their breath, relax their body, and reconnect with a feeling of safety.
This exercise can be used whenever a child feels anxious, upset, or overstimulated.

Repeat together 5 times.
Practice this exercise together whenever your child needs help calming big feelings.

Veronica Moya
GUIDING KIDS TO INNER WISDOM



Practice 2: Safe Place Visualization

Close Your Eyes.
Invite your child to gently close their eyes and take a slow breath.

Imagine a Safe Place.
Ask your child to imagine a place where they feel calm and happy.
It could be a beach, a garden, their room, or anywhere they love.

Notice the Details.
Ask simple questions:
- **What do you see?**
- **What sounds do you hear?**
- **How does your body feel there?**

Stay in this calm place for about one minute.

Sometimes children feel anxious, overwhelmed, or unsure how to calm their thoughts.

Visualization is a powerful way to help children create a sense of safety and calm in their mind and body.

This practice invites children to imagine a peaceful place where they feel happy, safe, and relaxed.

With regular practice, visualization helps children develop emotional awareness and learn how to return to calm during stressful moments.

Visualization helps children create emotional safety even when they feel overwhelmed.



Veronica Moya
GUIDING KIDS TO INNER WISDOM

Practice 3: Positive Affirmations

Children develop beliefs about themselves from the words they hear and repeat.

Positive affirmations help children build confidence, emotional resilience, and a supportive inner voice.

When children practice affirmations regularly, they begin to believe in their ability to handle challenges and manage their emotions.

Affirmations are simple, powerful phrases that remind children they are capable, safe, and strong.

Choose a Simple Affirmation

Pick a short sentence your child can repeat easily.

Repeat Together

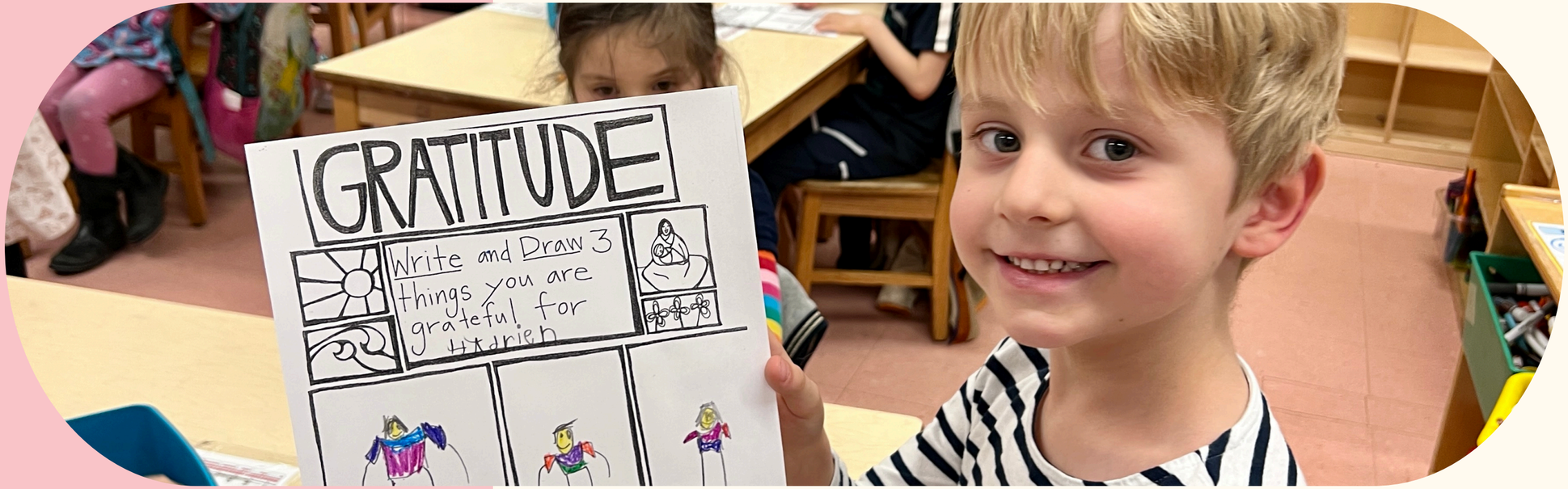
Say the affirmation slowly together 3-5 times. Encourage your child to say it with confidence.

Practice Every Day

Repeat affirmations in the morning, before school, or whenever your child needs encouragement.

Examples of affirmations for kids

• I am calm • I am safe • I can handle big feelings • I am strong inside • I believe in myself • I am blessed



Veronica Moya
GUIDING KIDS TO INNER WISDOM

Pause and Reflect
Ask your child to think about something that made them smile today.

Share One Gratitude
Invite your child to say one thing they are grateful for.
It can be something small or simple.

Create a Daily Habit
Practice gratitude together at bedtime or during family moments each day.

Practice 4: Gratitude Moments

Gratitude is a powerful practice that helps children focus on positive moments in their day.

When children learn to notice what they are thankful for, their mind naturally shifts away from stress and worry.

Practicing gratitude regularly helps children develop emotional balance, optimism, and a sense of appreciation for the small joys in life.

Even a simple moment of gratitude can help children feel calmer and more connected to their emotions.

Examples of gratitude prompts

- What made you smile today?
- Who helped you today?
- What moment made you feel

Veronica Moya
GUIDING KIDS TO INNER WISDOM

Helpful Tips for Practicing the Mindful V™ Method



Supporting your child's emotional development does not require perfection. What matters most is creating small, consistent moments of calm, connection, and reflection.

The Mindful V™ Method is meant to be gentle and flexible. Every child is different, and these practices should always feel supportive, safe, and positive.

Allow your child to explore these tools at their own pace and celebrate the small moments of emotional growth along the way.

Create a calm space
Choose a quiet moment where your child can relax and focus.

Be patient and consistent
Emotional skills grow over time with regular practice.

Practice together
Children learn best when parents participate with them.

Celebrate small progress
Every step toward emotional awareness is meaningful.

Veronica Moya
GUIDING KIDS TO INNER WISDOM



Continue the Mindful V™ Journey

Helping children develop emotional awareness, calm, and confidence is one of the most powerful gifts we can offer them.

The practices in this guide are a simple way to begin. With the right support, children can learn powerful tools to understand their emotions and respond with calm and confidence.

Book a Free Parent Consultation!

If you would like to learn how the Mindful V™ Method can support your child, you are invited to schedule a free parent consultation.

Email us:
info@veronicamoya.com
or Call us directly:
646-592-0125

Veronica Moya
GUIDING KIDS TO INNER WISDOM
939 8th Ave. #206New York, NY 10019

THANK YOU FOR SUPPORTING MINDFUL V™

The Mindful V™ Mission is to empower children with emotional awareness, confidence, and inner calm through mindfulness practices.

Through meditation, affirmation, and gratitude, Mindful V provides tools that help children build resilience and emotional well-being.

Your SUPPORT helps expand these resources so more children, families, and schools can benefit from emotional wellness education.

Join the Mindful V Community
Explore guided meditations, resources, and emotional wellness tools for children.
Youtube.com/@VeronicaMoya

Support the Mission
Help bring emotional wellness programs to more children and schools.
Mindfulv.org

Stay Connected
Email : info@veronicamoya.com
Phone : 646-592-0125