

CreatableMe



The 5 C's: A Family Guide to Conscious Living

Welcome to the CreatableMe Family!

This guide gives you simple ways to build the 5 C's at home.

- Quick explanations of each C
- Easy practices you can do today
- Fun family activities to go deeper

Start anywhere, you don't need to read it in order.

Parenting is a lot. The Five C's are a simple framework for raising mindful, creative, emotionally aware kids, without a psychology degree or more screen time.



Consciousness: Notice feelings and calm the body.



Creativity: Make and imagine, no perfection required.



Connection: Build closeness and empathy.



Communication: Name feelings and talk clearly.



Character: Practice courage, kindness, and choices.

How to use this guide

Start anywhere. Pick one C that fits your day.

3 time options:

- **5 minutes:** do one “Let’s Practice” step
- **15 minutes:** do one activity
- **30 minutes:** family mini session

You don’t need to do everything. One small win counts.



Consciousness

Expand Your Horizons

Consciousness, also called mindfulness, is the ability to notice what's happening right now.

- **What it is:** Paying attention to your body, feelings, and surroundings.
- **Why it matters:** It helps kids calm down, focus, and make kinder choices.
- **What it looks like:** “I feel upset,” “My body is tense,” “I need a breath.”
- **Simple reminder:** You don't need to be perfect, just notice and reset.

Let's Practice

Mindfulness is a daily habit, small moments of being present.

- **For parents:** Give your child full attention for 60 seconds, eyes up, phone down.
- **For kids:** Name the feeling, then take 3 slow breaths.
- **For your family:** Pick one moment a day to pause together and notice “What do we feel right now?”

Let's Play

Try the 5 Senses Check In (takes 3 to 5 minutes).

1. Take 3 slow breaths together.
2. Each person shares: 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
3. Finish with: "Right now I feel _____, and that's okay."

Fun Activities to Dive Deeper

- **Magic Moments:** Set a 5 minute timer, sit together, take slow breaths, then share what you noticed.
- **Gratitude Treasure Hunt:** Find 5 things at home you're grateful for, touch them, name why.
- **Emotion Charades:** Act out a feeling without words, others guess and name it.
- **Mindful Worksheets:** For more guided activities, explore the Creatables page on [CreatableMe.com](https://creatableme.com).

Cultivate Mindfulness

Mindfulness is a small daily superpower.

When your family practices noticing and breathing, you build calm, compassion, and better choices together.



Creativity

Unleash Your Imagination

Creativity is the ability to imagine, experiment, and make something new.

- **What it is:** Trying ideas without needing a perfect result.
- **Why it matters:** It builds confidence, problem-solving, and flexible thinking.
- **What it looks like:** “What else could we try?” “Let’s test an idea.”
- **Simple reminder:** There is no wrong way, only learning.

Let's Practice

Creativity grows when kids feel safe to explore.

- **For parents:** Praise effort and curiosity, not talent or perfection.
- **For kids:** Make something using only what you already have nearby.
- **For your family:** Do a 5 minute “no judging” idea burst, then pick one to try.

Let's Play

Try the 10 Circles Challenge (10 minutes).

1. Draw 10 simple circles on a page.
2. Turn each circle into a different object (balloon, pizza, planet, eye, etc.).
3. Share your favorites and ask: "What was the weirdest one?"

Optional parent line: "Fast and silly is the point."

Fun Activities to Dive Deeper

- **Mystery Box Build:** Grab 5 random items, invent one new object that uses them.
- **Alternate Uses Game:** Pick one item, name 10 different uses for it.
- **Story in 6 Frames:** Fold paper into 6 boxes, draw a quick beginning, middle, end.
- **Creative Worksheets:** For more guided activities, explore the Creatables page on [CreatableMe.com](https://creatableme.com).

Create Creativity

Creativity is practice, not a talent.

When your family experiments and plays, you build courage, imagination, and new possibilities together.



Connection



Strengthen Your Bonds

Connection is feeling safe, seen, and supported with other people.

- **What it is:** Paying attention, showing care, and being present together.
- **Why it matters:** It builds trust, empathy, and stronger relationships.
- **What it looks like:** “I’m here.” “Tell me more.” “How can I help?”
- **Simple reminder:** Small moments of attention create big closeness.

Let's Practice

Connection grows through simple, consistent habits.

- **For parents:** Give one “full attention moment” daily, even just 2 minutes.
- **For kids:** Practice one kind action each day, small counts.
- **For your family:** Do a quick daily check in: “High, low, and one hope.”

Let's Play

Try Two Truths and a Wish (10 to 15 minutes).

1. Each person shares two true things about their day.
2. Then share one wish (something you hope for or need).
3. Everyone responds with: “Thanks for telling us. How can we support you?”

Optional parent line: “No fixing, just listening.”

Fun Activities to Dive Deeper

- **Kindness Notes:** Write tiny notes to each other, hide them around the house.
- **Team Challenge:** Build something together (tower, fort, puzzle) with shared roles.
- **Empathy Swap:** Pick a moment from today and ask, “How do you think they felt?”
- **Connection Worksheets:** For more guided activities, explore the Creatables page on CreatableMe.com.

Embracing Connection

Connection is built in small moments, not big speeches.

When your family listens, shares, and supports each other, you create a home that feels safe and strong.



Communication

Find Your Voice

Communication is sharing thoughts and feelings clearly, with respect.

- **What it is:** Listening, speaking honestly, and asking good questions.
- **Why it matters:** It prevents misunderstandings and reduces conflict.
- **What it looks like:** “I feel ___ when ___.” “Can you help me understand?”
- **Simple reminder:** Calm words land better than loud ones.

Let's Practice

Communication improves when everyone feels heard.

- **For parents:** Reflect back what you heard before responding: “So you’re saying...”
- **For kids:** Practice naming feelings first, then needs: “I feel ____, I need ____.”
- **For your family:** Use a “one person talks” rule at dinner or during check in.

Let's Play

Try The Talking Token (10 minutes).

1. Pick one object as the token (coin, toy, card).
2. Only the person holding it talks, everyone else listens.
3. Each person answers one question: "What do you want us to understand today?"

Optional parent line: "You don't have to agree, just understand."

Fun Activities to Dive Deeper

- **Feelings Word Bank:** Make a list of feeling words and post it on the fridge.
- **I Message Practice:** Take a common conflict and rewrite it as an “I feel” statement.
- **Curiosity Questions:** Each person asks one kind question: “What was hard today?”
- **Communication Worksheets:** For more guided activities, explore the Creatables page on [CreatableMe.com](https://creatableme.com).

Improve Communication

Communication is a skill you can practice.

When your family listens first and speaks clearly, problems get smaller and trust gets stronger.



Character

Build Your Inner Strength

Character is how we choose to act, especially when things are hard.

- **What it is:** Practicing values like kindness, courage, honesty, and responsibility.
- **Why it matters:** It builds confidence, trust, and long term resilience.
- **What it looks like:** “I did the right thing.” “I can try again.” “I can make it right.”
- **Simple reminder:** Character is built through choices, not perfection.

Let's Practice

Character grows when kids see it, practice it, and reflect on it.

- **For parents:** Name the character strength you notice: “That was brave.”
“That was kind.”
- **For kids:** Choose one value for the day and try it on purpose.
- **For your family:** Do a quick nightly question: “What choice are you proud of today?”

Let's Play

Try The Hero Choice Game (10 to 15 minutes).

1. Give a simple scenario: “Someone is left out.” “You made a mistake.” “You’re tempted to lie.”
2. Ask: “What are 3 choices you could make?”
3. Ask: “Which choice builds character, and why?”

Optional parent line: “We’re practicing choices before real life hits.”

Fun Activities to Dive Deeper

- **Values Cards:** Write values on cards, pick one daily, look for it in action.
- **Make It Right Plan:** Practice apologies: “I’m sorry, I’ll fix it by ____.”
- **Courage Ladder:** List small brave steps toward a goal, climb one step per day.
- **Character Worksheets:** For more guided activities, explore the Creatables page on [CreatableMe.com](https://creatableme.com).

Build Character:

Character is built one choice at a time.

When your family practices values, repair, and courage, kids learn who they are and who they want to become.

Empowering the Future Through the 5 C's

The 5 C's are simple skills that help kids grow into calm, confident, connected humans.

You don't need to do everything. Pick one C that fits your day, try one small practice, and build from there.

When Consciousness, Creativity, Connection, Communication, and Character become part of family life, you're not just raising kids, you're shaping a better future.

Want to go deeper with the 5 C's?

Get the \$7 5 C's Companion Pack with printables and activities you can use right away.

- More done for you activities for each C
- Printable cards and worksheets that make it easy to start
- Less reading, more doing for busy parents

Start with one page. One small win counts.

mindfulcreativelife.gumroad.com/l/5cs-companion-pack



Get the \$7 Pack



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Quick Play Cards (Print and Post)

These cards are fast, no prep activities, one for each C.

How to use them

- Print the cards (or screenshot and save to your phone).
- Pick one C that fits your day.
- Do the activity in 5 to 15 minutes.
- Repeat your favorites, that's where the growth happens.

Tip: Post them on the fridge or keep them in the kitchen for quick access. *Start with one card. One small win counts.*

CONSCIOUSNESS

5 Senses Check In (3 to 5 minutes)

1. Take 3 slow breaths together.
2. Share: 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
3. Finish: "Right now I feel ____, and that's okay."

Parent tip: We're not fixing, we're noticing.

CHARACTER

Hero Choice Game (10 to 15 minutes)

1. Choose a scenario: left out, mistake, tempted to lie, etc.
2. Ask: "What are 3 choices you could make?"
3. Ask: "Which choice builds character, and why?"

Parent tip: We practice choices before real life hits.

CONNECTION

Two Truths and a Wish (10 to 15 minutes)

1. Each person shares two true things about their day.
2. Then share one wish (something you hope for or need).
3. Everyone responds: "Thanks for telling us. How can we support you?"

Parent tip: No fixing, just listening.

COMMUNICATION

The Talking Token (10 minutes)

1. Pick one object as the token.
2. Only the person holding it talks, everyone else listens.
3. Answer: "What do you want us to understand today?"

Parent tip: You don't have to agree, just understand.

CREATIVITY

10 Circles Challenge (10 minutes)

1. Draw 10 circles on a page.
2. Turn each circle into a different object.
3. Share favorites and ask: "What was the weirdest one?"

Parent tip: Fast and silly is the point.

PICK TODAY'S C

- Stressed or overwhelmed? → Consciousness
- Bored or stuck? → Creativity
- Feeling disconnected? → Connection
- Arguing or misunderstood? → Communication
- Need courage or responsibility? → Character

THE RESET (2 minutes)

1. Stop and breathe 3 times.
2. Name it: "I feel ___."
3. Body check: "Tight, hot, shaky, calm?"
3. Choose one: water, hug, space, walk, or quiet.

Parent line: "We can handle this. Let's reset first."

FEELINGS + NEEDS

Say: "I feel ___ because I need ___."

Examples:

- "I feel upset because I need a turn."
- "I feel nervous because I need help."
- "I feel angry because I need space."

Parent line: "Feelings are real. Needs are solvable."