



## CLUB TAKE HOME: Self-Navigation

Kindness Matters 365 is a nonprofit that helps children explore social emotional skills and practice what they discover through community engagement. Kids consider how to be compassionate to themselves, others, and our world. We aim to improve a sense of unity and the capacity to non-violently resolve conflicts, to advance safe schools and communities, to improve academic achievement and career readiness, and to inspire a kinder world.

### *KINDNESS CLOSEUP - What we are learning with KM365*

The KM365 topic of the month is **Self-Navigation**: being mindful in exploring and developing skills to help us intentionally navigate situations and **respond** versus **react**. You will also hear Self-Navigation called Self-Regulation, Self-Management, and Self-Control.

At home, try:

- Planning/experimenting with some “Grounding Techniques”. These can help manage stress when someone is emotionally overwhelmed.
  - ✓ Name five different things you can see around the room
  - ✓ Listen to energetic or relaxing music for one minute
  - ✓ Hold an object in your hands and focus on the color or texture
  - ✓ Take ten deep breaths, counting each one as your chest rises
- Playing games such as Simon Says, Red Light Green Light or Freeze Dance. Ask the kids what THEY think these games have to do with Self-Regulation and then how they can use what they learned from the game to their lives.
- For older kids and adults, try “cognitive reframing”. This strategy involves changing your thought patterns (reinterpreting a situation in order to change your emotional response to it.) Imagine a friend did not return your calls or texts for several days. Rather than thinking that this reflected something about yourself, such as "my friend doesn't like me," you might instead think, "my friend must be really busy. Practice this together, at least once a day until it becomes a habit!

### **Additional Reading / Viewing**

<https://kindnessmatters365.org/2020/07/12/self-navigation-self-management-at-home-aperture-education/>

Title: *A Quiet Place* Author: Dan Andreasen. *Grade level: PreK*

Title: *The Berenstain Bears and the Green Eyed Monster* Author: Stan & Jan Berenstain. *Grade level: PreK-1*

Title: *How Do Dinosaurs Say I'M MAD!* Author: Mark Teague, and Jane Yolen. *Grade level: PreK-1*

Title: *The New Small Person* Author: Lauren Child. *Grade level: K-1*

Title: *The Tortoise and The Hare* Author: Jerry Pinkney. *Grade level: 2-3*

Title: *Alexander and the Terrible, Horrible, No Good, Very Bad Day* Author: Judith Viorst. *Grade level: 2-3*

Title: *My Mouth Is a Volcano!* Author: Julia Cook. *Grade level: 4-5*

Request our emails and newsletters: send an email to [info@kindnessmatters365.org](mailto:info@kindnessmatters365.org)

Engage and Share: Facebook @kindnessmatters365org Twitter @kmatters365

IG @KindnessMatters365 [www.KindnessMatters365.org](http://www.KindnessMatters365.org)