



PROJECT IDEA: Kindness to Yourself

We define kindness to ourselves as exploring ways we can take care of our emotional, mental, and physical wellbeing including self-compassion. Have displayed the words emotional health and physical health. When we practice kindness to ourselves to take care of our emotional health, we are taking care of our brains and the inside of our heart. Doing activities that calm our minds down. Mindfulness is a great example how we exercise self-kindness regarding our emotional health.

Mindfulness is paying attention to what is going on the inside and the outside of our bodies. Additionally, we also practice. On the other hand, practice kindness to ourselves, to take care of our physical health, we are doing things to take care of our bodies and how they are operating.

HOW TO:

Students will help create a list of examples for each. Some examples for mental health could be practicing gratitude, breathing exercises, brain breaks, music, writing in a journal, coloring or drawing, reading, etc. Physical health examples could include exercising, getting enough sleep, eating healthy, playing sports, drinking water etc.

Prompts to help the members:

I can relax my mind by...

I make myself happy by...

I can take care of my body by

I can relax my body by...

Contact ambassadorsupport@kindnessmatters365.org for questions or comments. 😊