



### Self-Navigation TAKE-HOME

**TOPIC OF THE MONTH: Self-Navigation:** Being mindful as we explore and develop skills that help us intentionally navigate situations and respond versus react.

**Some activities to try at home:**

- Activity 1- "I am Statements"- I am statements help promote self-navigation. Have the students use sticky notes or scratch paper and a pen in order to write 10 positive "I am statements". Suggest to the kids that they could/should display their statements in visible places like on their nightstands, computers or mirrors. Encourage the students to repeat their positive affirmations to themselves for an entire week.
- Activity 2- The Things You Can't Control- Several times throughout the day, jot down times that you cannot control a situation and times you can. Then create a list of strategies to help regulate your emotions. ie- breathing, mindful coloring, counting to ten, take out your wheel of choices.
- Activity 3- Mindful Coloring-Grab color pencils and a mandala printout or coloring book. Play relaxing music and set a timer for 15 minutes, Every time you catch your brain wondering, regroup and bring your focus back to coloring. See how you feel at the end of the session.
- Activity 4-Calming strategies- take a look at the list of suggestions we have to help promote self-navigation. Each day, try to incorporate a new strategy into your routine.

**Additional reading/viewing:**

Elementary:

- We Don't Eat Our Classmates by Ryan T. Higgins –
- I Really Want the Cake by Simon Philip
- Spark by Kallie George
- My Mouth is a Volcano by Julia Cook

Upper Grades

- Mindfulness Workbook for Teens: Exercises and Tools to Handle Stress, Find Focus, and Thrive by Linette Bixby
- Mandala Coloring Book for Teens: 50 Positive Affirmation Mandalas on Black Background
- Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused & Be Your Best Self by Jennie Marie Battistin

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Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives ([km365.org](http://km365.org)).

Visit [kindnessmatters365.org/connect](http://kindnessmatters365.org/connect) or email [info@km365.org](mailto:info@km365.org) to sign up for our emails and newsletters.

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