



## SELF-NAVIGATION PROGRAM TAKE HOME

**This month, we're exploring SELF-NAVIGATION:** Being mindful in exploring and developing skills to help us intentionally navigate situations and **respond** versus **react**. Some think of Self-Navigation as Self-Control or Self-Regulation...we see it more as an opportunity to choose how to pilot situations.

### Some activities to try at home:

- Activity 1- **I am Statement** – “I am” statements help promote self-navigation. Use sticky notes or scratch paper and a pen in order to write 10+ positive “I am” statements. Display statements in visible places like nightstands, computers or on mirrors. Encourage everyone to repeat their positive “I am” affirmations to themselves for an entire week.
- Activity 2 - **The Thing You Can't Control** - Several times throughout the day, have everyone jot down situations we cannot control vs. those we can. Together, create a list of strategies aimed at helping to regulating responses to both, such as breathing, mindful coloring, counting to ten, taking out a wheel of choices, making a decision tree.
- Activity 3 - **Mindful Coloring** - Grab colored pencils and a mandala printout or coloring book. Play soothing music for 15 minutes. Every time you catch your brain wandering, regroup in order to help bring your focus back to coloring. After you're done, you can discuss how you feel after the activity, compared to how you felt before. When you feel calmer and focused, you're better able to self-navigate.
- Activity 4 - **Calming Strategies** - Create a list of calming strategies, building on what was explored during the KM365 program this month. Discuss which ones feel best to each person. Each day, try to incorporate a new strategy into your lives to self-navigate – especially through challenging times.

### 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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