



CLUB TAKE HOME: KINDNESS TO YOURSELF

Kindness Matters 365 is a nonprofit that guides children and teens to explore important life skills such as being kind, being 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 service.

KINDNESS CLOSEUP – What we are learning with KM365

The KM365 topic of the month is **Kindness to Yourself**: which is defined as exploring ways we can take care of our emotional, mental and physical wellbeing. It also includes having self-compassion.

At home, try:

- **Take a Mindful Moment**- introduce mindfulness by reading “I am Peace” by Susan Verde and Art by Peter Reynolds. Then, together listen to an age-appropriate meditation.
- **Mindful Walk**- Take time to walk, be outside, and notice what’s around you. Look around and appreciate what you see, experience, or remember.
- **Practice Self-Care**- Regular activity, brain breaks and healthy foods are an important part of self-care. Our bodies and minds deserve to be treated with kindness. Journal your activities and reflect on the different choices you have made and they make you feel inside and out.
- **Self Care Poster Board** – Create a poster of all things you can do as a family that will help promote emotional, mental and physical health.

Additional Reading / Viewing

Title: **Listening with My Heart: A story of kindness and self-compassion** by Babi Garcia

Title: **Here and Now** by Julia Denos, illustrated by E.B. Goodale

Title: **Breathe with Me** by Mariam Gates

Title: **What Does It Mean to Be Present?** by Rana DiOrio, illustrated by Eliza Wheeler

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