



## Self-Kindness Take Home

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**TOPIC OF THE MONTH:** Self-Kindness is defined as Exploring ways to care for our emotional, mental, and physical well-being, including practicing self-compassion.

### Some activities to try at home:

- o **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.
- o **Mindful Walk-** Take time to walk, be outside, and notice what’s around you. Look around and appreciate what you see, experience, or remember.
- o **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.
- o **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:

#### **Lower Elementary:**

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

#### **Upper Grades:**

Title: Kindness Every Day: A Journal

Title: Be Kind to Yourself and Others: A Book of Knowledge for Growing People Everywhere written by Michael Alexander

Title: Be Kind: Be Yourself Every Day

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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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