



ReflectionTAKE HOME

This month, we're exploring Reflection: Reflecting upon what we explored this year; celebrating our growth and deciding how we will put what we learned into action.

Some activities to try at home:

- **Activity 1- Glows and Grows-** As a family, have a discussion about this past school year. Each member will share a memory that he/she is proud of and one that they will continue to practice on. Make sure to record the answers so that you are able to review every few months.
See attached paper for sentence starts to help the conversation.
- **Activity 2 – Create A Memory Book-** Since each year is worthy, add your child's answers to questions about the past year, along with a recent photo, into a journal or notebook. It is so much fun to view the photos each year to acknowledge growth and development. .
- **Activity 3** As a family, create a mental health challenge using the tools that they have explored from KM365 that will help promote mindfulness and gratitude.

Elementary:

- **Last Day Blues** by Julie Danneberg
- **Lizzie and the Last Day of School** by Trinks Hakes Noble
- **Goodbye School** by Tonya K Lippert

Upper Grades:

- **Whatever You Are, Be a Good One** by Lisa Congdon
- **You are Awesome: An Uplifting and Interactive Growth Mindset for Kids and Teens** by Matther Syed
- **The World Needs Who You Were Made to Be** by Joanna Gaines

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).

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