



REFLECTION

PROGRAM TAKE HOME

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

Some activities to try at home:

- **Activity 1- Glows and Grows-** As a family, discuss the past school year. Everyone can share something that was memorable, new, different, or impactful. Then, you might talk about how you can practice something learned, or discuss how you might approach things differently moving forward. You can record the answers to remember and check in every once in a while to review how things are going. **See attached paper for "sentence starts" to fuel 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.

Some books to consider reading:

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).

Visit kindnessmatters365.org/connect or email info@km365.org to sign up for our emails and newsletters.

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