



Summer Recharge Take Home

TOPIC OF THE MONTH: **Summer Recharge** is defined as restoring ourselves and reconnecting with our intentions and goals.

Some activities to try at home:

- Unplug and READ a book that you would enjoy but haven't had time for.
- Start a mindful coloring book and incorporate it into your daily and nightly routine.
- Turn the music on and dance!
- Cook a family meal together.
- Declutter an area of your personal space, your house or playroom.
- Spend 20 minutes to take a breath and stretch out your body.

Additional reading/viewing:

Elementary

- **Breathing is My Superpower** by Alicia Ortego
- **Mindfulness Coloring Book for Kids** by Rockridge Press
- **Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm Mindful Tots**

Upper Grades:

- **Mindfulness Coloring Book for Teens** by Rockridge Press
- **Mindfulness for Teens in 10 Minutes** a Day by Jennie Marie Battistin MA LMFT
- **The Mindfulness Journal for Teens: Prompts and Practices to Help You Stay Cool, Calm, and Present** by Jennie Marie Battistin MA LMFT

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.

KINDNESS MATTERS 365™

KM365.ORG | FB [@kindnessmatters365org](https://www.facebook.com/kindnessmatters365org) | IG [@kindnessmatters365](https://www.instagram.com/kindnessmatters365)