

**ACT WITH KINDNESS**

Donate an old toy or book to someone in need

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Take a trash bag to the park or ravine and collect garbage

**ACT WITH KINDNESS**

Write a thank you note or picture to a loved one to tell them what you appreciate about them

**MINDFUL MOMENT**

Make a Gratitude Jar. Everyone in your family/class write down 1-3 things they are grateful for. Add to the jar. When you're having a sad/mad day read some of the things written. See how you feel!

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Ask a parent/ teacher if there is a chore that you can do

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Do a toy/ book or clothing exchange with friends

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Make a bird feeder and feed the birds and squirrels

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Tell a friend why they are special to you

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Write a poem for your teacher

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Donate food to a food bank

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Call a grandparent and tell them a joke; wish them a good day

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Give someone a compliment...  
"I like that you...  
"You're really good at....



<p><b><u>ACT WITH KINDNESS</u></b></p> <p>Say 3 things you are grateful for in your life to a friend or family member...pass it on!</p>	<p><b><u>ACT WITH KINDNESS</u></b></p> <p>Draw picture with an uplifting message and leave it on someones car/ or cubby</p>	<p><b><u>ACT WITH KINDNESS</u></b></p> <p>Offer to teach someone something you are good at</p>
<p><b><u>ACT WITH KINDNESS</u></b></p> <p>Look out for anyone struggling today; someone sad; angry or alone, offer them a hug a joke or just your time!</p>	<p><b><u>ACT WITH KINDNESS</u></b></p> <p>Give a tree a hug</p>	<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Eat a grape/ orange slice (something) with all your senses engaged. No talking. See how it smells/ tastes/ feels.. Chew 10 times at least before swallowing.</p>
<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Close your eyes. Put your hand on your heart and take 5 deep breathes; Inhale through your nose and exhale imagine your breathe going out through your toes into the earth. Saying "I am grounded. I am connected."</p>	<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Close your eyes and picture someone you love. Smile. Take 5 calming breathes and send them all your love. Saying: "May you be happy, healthy and filled with peace."</p>	<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Take a moment to be fully present to your surroundings. Breathe 3 X then tune in with all your senses. What do you: hear; smell; see; taste; feel.</p>
<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Give a blessing to your food before you eat. Rub your hands together to generate energy and hold over your plate for a few breathes. Say: "Thank you for this food that nourishes my body!"</p>	<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Put your hand on your heart and remind yourself. "I got this! I can make good choices. I am awesome!"</p>	<p><b><u>MINDFULNESS MOMENT</u></b></p> <p>Take a breathe break! Hold one hand in front of you and use pointer finger of other hand to trace the hand slowly starting at wrist. Inhale up fingers. Exhale down fingers until you get to pinky finger.</p>



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Give a smile to 5 people and say, "Have a great day!". Even if you don't know them.

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Remind yourself about something you're really good at and give yourself a hug!

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MINDFULNESS MOMENT

Practice patience. If someone is taking a long time with a toy or you have to wait. Take a few deep breathes and chant "patience, patience, patience."

MINDFULNESS MOMENT

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Squeeze it!

Take a moment to squeeze and relax every part of your body starting with your toes! For the last moment squeeze everything and hold for 5!

MINDFULNESS MOMENT

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