

INCREASE CONNECTION WITH KINDNESS



DID YOU KNOW?

Teaching kindness isn't just about making the world a better place—it's about nurturing happier and healthier children too! When people engage in acts of kindness, it creates chemicals in their brain that boost happiness and ease stress. By encouraging children to practice kindness regularly, we can help them develop better moods, stronger self-esteem, and a brighter outlook on life. Want to add kindness into your everyday activities with children? **Here are some ideas to try out:**



COMPLIMENT SOMEONE

Encourage children to share what they admire about others.



OFFER TO HELP

Teach children the value of lending a hand, whether it's assisting a classmate with a task or helping a family member with chores at home.



PRACTICE BEING A GOOD LISTENER

Guide children to be attentive listeners when their friends or siblings need someone to talk to.



BE INCLUSIVE

Teach children the importance of including others, whether it's inviting a new classmate to play, ensuring everyone has a turn in a game, or speaking up against unfair treatment.



SHOW GRATITUDE

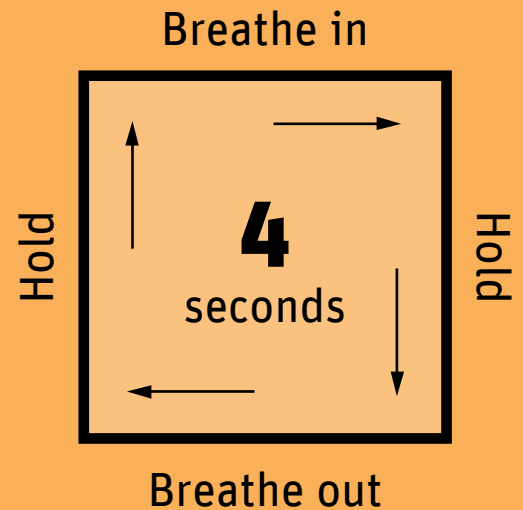
Foster a sense of gratitude in children by prompting them to think about the people and things they're thankful for, and encouraging them to express appreciation.

REDUCE STRESS WITH DEEP BREATHING

BOX BREATHING

Box breathing is a super simple way to help calm any stressed or anxious feelings. Here's how you do it:

1. First, find a comfy spot to sit or lie down.
2. Next, close your eyes if you want, and take a nice deep breath in through your nose for four seconds. Feel your belly fill up like a balloon!
3. Hold that breath for four seconds.
4. Next, slowly exhale through your mouth for four seconds, really letting go of any tension.
5. Finally, pause for another four seconds before breathing in again.
6. Repeat until you feel more calm!



HAND BREATHING

Hand breathing is a calming exercise you can do anytime, anywhere. Here's how:

1. Sit comfortably and close your eyes if you like.
2. Spread the fingers on one of your hands like a star.
3. Breathe in as you trace up one of your fingers with your other hand's pointer finger.
4. Hold your breath briefly at the top of your finger.
5. Exhale slowly as you trace back down the finger.
6. Repeat, tracing each finger with each breath.
7. Switch hands when you finish all the fingers on one hand.
8. Repeat until you feel more relaxed!



BE PRESENT WITH MINDFULNESS

The 5-4-3-2-1 mindfulness exercise is a fantastic way to bring your focus to the present moment which helps calm the mind and reduce anxiety. Give it a try whenever you need a little grounding! Here's how to do it:

1. First, take a deep breath and look around you. Find five things you can see, and really focus on them. It could be anything, like a tree outside or a picture on the wall.
2. Next, notice four things you can touch. Maybe it's the texture of your clothes or the smooth surface of a table.
3. Then, listen closely for three things you can hear, like the sound of birds chirping or the hum of a computer.
4. After that, pay attention to two things you can smell. It could be the scent of flowers or even your favorite lotion.
5. Finally, take a deep breath and notice one thing you can taste. Maybe it's the lingering flavor of your last meal or a mint you just ate.

This exercise helps bring your focus to the present moment. Give it a try whenever you need a little grounding!

