

FROM MY HEART TO YOURS:



ACTIVITIES FOR FAMILIES TO STAY CLOSE



HUMAN KINDNESS
FOUNDATION





DEAR FAMILIES,

These activities are special places for you to connect, create, and share with each other, no matter the distance. They were made to help you stay close, even when you're apart. Each page is a chance to express your feelings, share memories, and spread happiness to each other.

If you're visiting, you can do the activities together in-person and talk about your answers. You can also mail the pages back and forth, taking turns completing the activities. When you share or send your pages, you'll get a peek into each other's thoughts and feelings and find new ways to stay connected.

Don't worry about being perfect, there's no rush. Take as much time as you need to finish each activity. The most important thing is to have fun, be creative, and share from the heart. Let your imagination lead the way, and use this space to celebrate your connection to each other.

We hope these activities help you feel closer and remind you of all the love and joy you share together.

HAPPY CONNECTING,

HUMAN KINDNESS
FOUNDATION



HOW DO YOU FEEL TODAY?



happy



silly



mad



worried



sad



scared



excited



proud

Sit down in a quiet place every day this week. I'll do this too. Close your eyes, cross your arms, and place both hands over your heart. Take a deep breath in and a deep breath out and try to feel your heartbeat. Take a few more deep breaths as you quiet your heart. Now open your eyes and tell me: how do you feel today and why? You might feel happy or sad, tired or excited, lonely or silly, worried or bored, disappointed or proud. Or maybe something else. Write how you feel everyday this week.

MONDAY Today I'm feeling:

Because:

TUESDAY Today I'm feeling:

Because:

WEDNESDAY Today I'm feeling:

Because:

THURSDAY Today I'm feeling:

Because:

FRIDAY Today I'm feeling:

Because:

SATURDAY Today I'm feeling:

Because:

SUNDAY Today I'm feeling:

Because:

When you're done, close your eyes again and give yourself a hug. Feelings come and feelings go. You might feel sad, happy, nervous, lonely, bored, and excited, all in one day today! Tomorrow, you'll have a lot more feelings, some different, some the same. But never forget that everyday I love you and I always will. Give yourself one more hug. That one's from me!

KIND WORDS



Kind words are things we say to ourselves to make us feel happy, confident, and strong. It's like giving ourselves a friendly pep talk to remind us how amazing we are! Even though I'm not with you, I see you and know how great you are. You can create and use your kind words to remind yourself how great you are, too!

First, find a quiet spot where you feel comfortable and won't get distracted. Take deep breaths, in and out, until you start to feel relaxed and focused. Begin to say your kind words out loud with confidence. It might feel silly at first, but it's important to hear yourself say these words. Believe in what you are saying, and imagine yourself as the strong, kind, and confident person that I know you are!

- I am good at _____.
- I help others by _____.
- I am a good friend because I _____.
- I am strong when I _____.
- I am brave when I _____.
- I am unique because I _____.
- I believe in myself when I _____.
- I make a difference by _____.
- I am proud of myself because I can _____.

try to practice your kind words everyday, like when you wake up in the morning or before bed at night. The more you practice, the more powerful your kind words will become. These magical sentences can help us see ourselves more clearly and like what we see! While you repeat your kind words, remember that I love you and know that you are amazing.

Sharing Kind Words



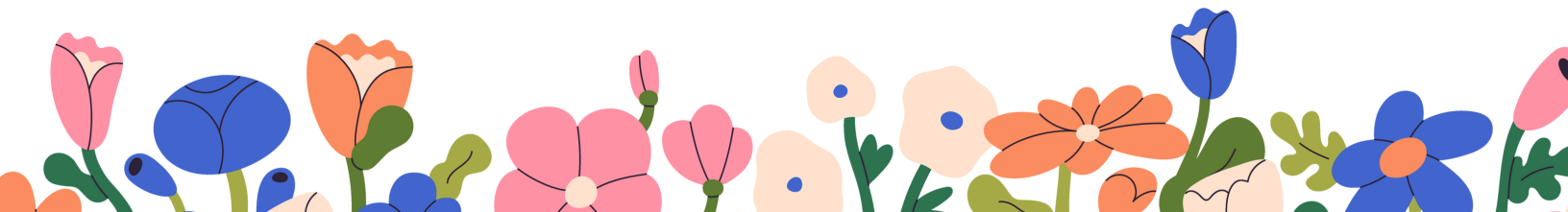
Sharing kind words with others is a superpower. We have the power to change how others feel about themselves and be the best part of their day. Choose someone you know who makes you feel happy, appreciated, and special. It could be a friend, a classmate, someone in your family, or anyone who makes you feel special!

Who are you writing these kind words about? Why did you choose them?

How does this person make you feel when you are around them?

What are some kind words you'd like to share with this person?

Think about how you can share these kind words with the person you chose. Sharing kindness is like watering a thirsty plant; it's important to remind others how great they are, especially when they need it most. Next time you see the person you chose, tell them why they are special to you!



WHAT'S YOUR SUPERPOWER?



Close your eyes and stand tall with your feet firmly planted on the ground, like the roots of a strong tree. Place your arms by your side, palms facing up. Take a deep breath in, lifting your chest and arms up just a bit. Exhale slowly, feeling the strength within you, from your head to your toes. Stand steady, strong, and powerful – just like a superhero.

Imagine that you could have any superpower in the world. Maybe you can **fly**, or make people **smile**, or **talk to animals**! Close your eyes and see if you can imagine what it would be like to have this superpower. What would you look like? What would you feel like? What could you do? How could you help others? See if you can imagine this in your mind. Now tell me about it!

What's your superpower?

What's your superhero name?

How do you use your superpower to help others?

Draw a picture of you using your superpower to make the world a better place.

I love hearing all about your superpower and how you would use it to help others! Even though we might not have superpowers like the ones you imagined, we can still be heroes every day by being **kind, helpful, and caring** to those around us.

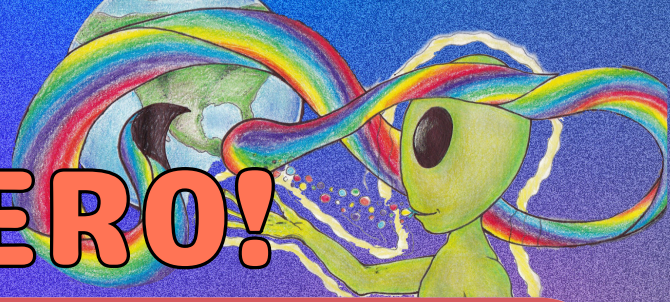
Close your eyes and take one more deep breath in ... hold ... and out. When you're ready, open your eyes, knowing that you're calm and ready to take on the world.

You're always a hero to me!





YOU ARE A SUPERHERO!



Guess what? You don't have to fly, time travel, or have super strength to be a superhero. *You already have superpowers that you use everyday to make the world a better place.* What is something you do really well? Maybe you're great at drawing, making people laugh, being kind, or helping others.

Whatever it is, **that's your superpower!** I'd love to hear all about it.

What's something you're really good at? What do your friends and family say you do really well?

When do you use your superpower? How does it help you in your day?

How can you use your superpower to help someone else?

Draw a picture of how your superpower helps make the world brighter.

**It might not always seem like a big thing,
but even the smallest superpowers can change the world.
Remember, no matter where we are or what's happening around us,
your superpower is always with you, and it can make a real difference.
It's part of what makes you unique and special.**

**I'm so proud of you, and I can't wait to hear about all the wonderful ways
you are using your superpower to make the world a better place!**

ROSE, BUD, THORN

Close your eyes and imagine you have a rose in your hand. Take a couple deep breaths and imagine you are smelling the flower. See if you can picture in your mind what color the flower is. Imagine how **soft** it feels to touch it and how **sweet** it smells. And watch out for the thorns! You always have to take the good with the bad. Sometimes things will be beautiful. Sometimes things will be hard. Stuff can make you happy; stuff can hurt. Life is always full of change.



Let's play a game called Rose, Thorn, Bud!

Tell me about something good that happened this week. That's your **Rose**.

Tell me about something hard that happened this week. That's your **Thorn**.

Tell me about something you're excited about happening in the future. That's your **Bud**.



I always want to hear about your good and bad times, your hopes and dreams.
Just like planting seeds, the more we share together, the more our garden of
memories can grow.

Remember, **I am here for you**
for all of your **Roses**, **Thorns**, and **Buds**.

Now, pick up your rose again by holding your pointer finger
right below your nose.
Take a deep breath in and smell the rose at the tip of your finger.
Then, drop your finger from your nose and place it
a few inches in front of your mouth.
Imagine that your finger is a candle, and blow out the flame
that is dancing at the top.



Make a wish for your next Rose!

MINDFUL SCAVENGER HUNT



Look all around you. I'll do the same. *What do you see?* What colors do you see around you? What kinds of shapes? What is moving? What stands still? Does anything feel cold or warm? Is anything shiny or dull, soft or sharp? See how many little things you can see in one minute. *Pay attention to everything you can!*

This week, let's do a scavenger hunt! Here's a list of things to look for. If you can't find something in real life, maybe you can think of something in your imagination that you can share with me.

Something shiny:

☐

Something soft:

☐

Something sweet:

☐

Something that moves:

☐

Something that is beautiful:

☐

Something that makes you happy:

☐

Something that makes you laugh:

☐

Something that reminds you of me:

☐

Something you want to share with me:

☐

You did an amazing job! Take a moment to think about everything you found. Did anything surprise you? Did you see something you had never seen before? Draw a picture of your favorite thing you found today.

**When we pay attention, we can find beauty all around us.
I can't wait to hear about everything you found!**

A SAFE PLACE

Do you have a favorite place to go to where you feel happy and safe? Maybe this is a place you know - like your bedroom, a park, or your grandmother's kitchen. Maybe it's a place you make up in your imagination, beside a peaceful river or a beautiful waterfall.



Sit down in a quiet place, close your eyes, and imagine you're in your safe and happy place. Put both hands on your heart as you pay attention to what it's like to be in your safe and happy place. As you breathe in and breathe out, imagine what it might smell or even taste like there! Maybe it's a place where you always get yummy food. Think about what it looks and sounds like there.

Finally, what does it feel like to be in your safe and happy place?
Draw a picture of a place that feels safe and happy to you.

A SAFE PLACE

Tell me about this place. What does it look, feel, sound, taste, and smell like? Why does it make you happy? Why does it feel safe?

Remember you can go to this safe and happy place in your mind anytime you want. It is always there for you. **Even though I can't be with you right now, I'm always there for you too.** Close your eyes one last time, give yourself a hug, and know that I love you very much.



SHARE A JOKE



It feels really good to laugh!

Laughter helps us feel happy and calm, like a warm hug for our heart.



Let's take a moment to notice how your body feels when you laugh. Start by taking a deep peaceful breath in. As you breathe out, let your shoulders drop and a warm smile come across your face. Now, think of something funny that makes you laugh. Can you feel the joy in your body? That's the power of laughter! It's really good for you, like brushing your teeth or eating your vegetables. But it's way more fun. **Let's laugh together!**



Tell me a story about a time you laughed a lot. What was so funny?





Share a joke you've heard or told before that made you laugh.
(Remember, choose something that won't hurt anyone's feelings.)



Let's Make a Joke Journal!

Next time you're talking with a friend or loved one, ask them what their favorite joke is. Start collecting these jokes and writing them down to save for later. You can share these jokes with me next time we talk, and I'll share new jokes with you. Remember, the best jokes come from a place of **kindness** and **joy**! Here's one to get you started...

"What do you call an alligator wearing a vest? An investi-gator!"



Sharing DREAMS



Hi my little dreamer! One of my favorite things to do is imagine all of the adventures we could go on together. Today, I want us to dream big. Dream so big that we can go anywhere in the world or beyond!

Are you ready? Let's use our imaginations and take a magical journey together. Close your eyes for a moment and think about this:

*If you could travel anywhere in the world (or somewhere in your imagination, or even out of this world), where would you go? What does it look like, feel like, smell like, sound like, and taste like? **Tell me all about it!***

Now think about why you'd want to go there. Is it because it feels peaceful? Fun or exciting? Or maybe it's a place where we could laugh and play together? **Tell me all about it!**

Now, I want you to draw a picture of us going to this special place together. What do we look like in this magical place? What are we doing? Are there other people or creatures with us? What colors do you see around us?



Before we finish dreaming for today, let's take a moment to feel calm and connected. This is called **"balloon breathing."**

Sit comfortably and put your hands on your belly. Close your eyes, and imagine a big balloon inside your belly. Take a slow, deep breath in through your nose and imagine the balloon filling up with air. Now slowly breathe out through your mouth like you're letting the air out of the balloon.

Let's do it three more times. Inhale and fill the balloon.
Exhale and let it out.

I'm so proud of you, my little adventurer –
Keep dreaming big everyday!

