

31 Days of Kindness Is-Cool for Kids Challenge

Daily Mindfulness Calendar for Kids and Families

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>May Is Mental Health Awareness Month</p> <p>For information on these topics and more, visit atlanticealth.org/grow</p> <p> Atlantic Health System</p>			<p>1 Kindness Is Kool for Kids</p> <p>We all need a little kindness in our day. Think about what kindness means to you.</p>	<p>2 Kindness Can Be Learned</p> <p>You might think Kindness is easy or hard. But kindness is like a muscle you can grow. How can you stretch your kindness muscles today?</p>	<p>3 Exercise and Stretch</p> <p>Just like your body needs exercise every day, the same is true for your kindness muscles. Try saying one nice thing to someone you like today.</p>	<p>4 Kindness Can Be Simple</p> <p>Try thinking of someone you really like. Imagine you are sending them kindness. Say "May you be happy." Imagine they are eating their favorite ice cream. Yummm!</p>
<p>5 Journal Your Kindness</p> <p>Writing down our thoughts and ideas can have a positive impact on mental health. Try writing a kind note to someone you care about.</p>	<p>6 Make a Kindness Storyboard</p> <p>Expressing your kindness in artistic ways can be a way to improve your mood.</p>	<p>7 Use Your Nose</p> <p>Bring some kindness to your senses. Smell the flowers and the fresh air!</p>	<p>8 STOP</p> <p>When you are feeling angry try using STOP: Stop, Take a breath, Observe what's around you and then Proceed with more calm.</p>	<p>9 Buddy System</p> <p>It can help to have a Kindness Buddy. Someone you can always share your feelings with.</p>	<p>10 Cool the Pizza</p> <p>If you are getting angry or mad "Cool the Pizza" by breathing in and slowly breathing out.</p>	<p>11 Name That Feeling</p> <p>Learn how to notice and name your feelings and be KIND to yourself no matter what you are feeling.</p>
<p>12 Five Senses</p> <p>Do something KIND for all your senses.</p>	<p>13 Fly Like a Bird</p> <p>Pretend your arms are wings. Breath in as you raise your wings and breathe out as you lower your wings.</p>	<p>14 Spring Showers</p> <p>Sometimes we are like the weather. Our tears are like the RAIN. Try this when you have strong feelings: Recognize it. Allow it. Investigate it. Nurture yourself with kindness.</p>	<p>15 Gratitude</p> <p>Expressing gratitude can be an act of kindness for yourself and others. Give it a try today.</p>	<p>16 Be Kind to YOU Day</p> <p>If we make a mistake or things don't work out, try kindness instead of meanness.</p>	<p>17 Sound Bath</p> <p>Too much noise is hard for our nervous system. Give yourself some kind sounds. Soft music, a quiet breeze or the sound of the ocean might feel good today.</p>	<p>18 Mind Cleaning</p> <p>Have you been having messy thoughts? Well just like cleaning up your room, we can clean up our thoughts to feel better. Try saying some kind words to yourself.</p>
<p>19 Clean Your Hands</p> <p>Washing your hands is not only good for your health, it can be very soothing and calming. Trying noticing the warm water and soap as you slowly clean those mitts!</p>	<p>20 EQ</p> <p>You are a smart kid. There are lots of kinds of intelligence. Emotional Intelligence is one we can all get better at by learning to manage our feelings.</p>	<p>21 Reflect</p> <p>We don't always need a mirror to "Reflect." Try noticing what you are thinking and feeling.</p>	<p>22 Practice Makes Us Better</p> <p>To get better at something we have to practice. The same thing is true for feelings. Learn to notice and name your feelings and you will get better at managing them.</p>	<p>23 Raisin Exercise</p> <p>Sometimes we eat so fast we don't even taste our food. Try eating a raisin slowly and notice how it really tastes! Say a kind thank you for all the people who helped grow the raisin.</p>	<p>24 Mental Static</p> <p>When your mind is too full it is hard to be kind to yourself or others. Try filling a jar with water and glitter. Shake it up and watch the glitter settle to the bottom. This will help to quiet your mind.</p>	<p>25 Going on Safari</p> <p>Go outside and explore the world around you. Say thank you to the bugs and birds and trees you see.</p>
<p>26 Blow Bubbles</p> <p>Concentrate on blowing just the right amount of air to make the bubble grow. Then let it float away. When it pops, imagine it is spreading kindness all around.</p>	<p>27 Body Scan</p> <p>Start at the bottoms of your feet and slowly notice each part of your body all the way up to your head. What do you notice about each part? Can you send some kindness to any places that hurt?</p>	<p>28 Belly Breath</p> <p>Lie down with a book on your belly and watch it go up and down as you breathe.</p>	<p>29 Mindful Listening</p> <p>Play a game of noticing the sounds around you. Can you name each sound?</p>	<p>30 Loving Kindness</p> <p>Say these phrases whenever you need some love: May I be safe May I be healthy May I be happy</p>	<p>31 Make a "Thankful Jar"</p> <p>Get the family to write down something kind to each person in the family and put it in a jar. You can share it when you need some loving kindness.</p>	 <p>MENTAL HEALTH AWARENESS MONTH</p> <p>Let's Stand Together to Raise Mental Health Awareness</p>