OBJECTIVE:
Children learn to be kind to those around them and build friendship with others.

INTRODUCTION:
Watch this video for an overview of Day 4’s exercises by Ashlyn.

ACTIVITY:
Explain to children that kindness is an act that can make a positive impact to the person giving and receiving. Using sticky notes or the printable Kindness Cards on the next page, have children think of kind words that they can write for their friends, family, or neighbors. Then have children mail or give the cards to the recipient to find (such as by leaving it on their doorstep or outside their bedroom).

After this exercise, encourage children to reflect with the following questions:

“What does kindness mean to you?”
“What did you learn from this activity?”
“How will you be kind tomorrow?”
“How will you be kind next week?”

READ ALOUD SUGGESTIONS:
• The Jelly Donut Difference by Maria Dismondy
• Be Kind by Pat Zietlow Miller
• The Invisibile Boy by Trudy Ludwig
• The Big Umbrella by Amy June Bates

DAILY MINDFUL MINUTE
Muscle Relaxation:
Lay down flat on the ground. Starting with your feet, squeeze the muscles by tightening those in your feet and toes. Then slowly release. Do this to each muscle group from your feet to your head.
I WHALEY Like you!

DONUT know what I’d do without YOU!

Hello SUNSHINE
Building social emotional learning and mindfulness is essential for children’s development at all ages. These daily activities allow opportunities for children to build character but also lead to meaningful conversations together at home. Each of the lessons features a daily topic focus that includes an introductory video for the child, an engaging activity, read aloud suggestions and a mindfulness moment for the day.

Meet the Developer
Ashlyn Ellsworth is a creative and energetic 3rd grade teacher from Phoenix, Arizona. Ashlyn has been teaching for 13 years with most of her experience in the primary grades. In addition to teaching full time, Ashlyn is also a designer and teacher author of The Creative Classroom. She enjoys sharing her creative classroom ideas, modeling how to build positive classroom environments and engaging students with classroom management strategies. Ashlyn has developed Mindful Minutes which are social emotional units for the classroom to help build character and mindfulness every day.