



Calm+Kind+Focused Classrooms: Mindfulness At Home Lesson Guide

Lesson 4 - Kindness

- **Mindful Instruction:**
https://drive.google.com/file/d/1Zm_NJrU8Lr1ZU9jqz7sB7r2Mlv0oRXAH/view?usp=sharing We'll begin with our Mindful Minute, then we'll explore kindness! We'll send kind thoughts and then explore other ways to be kind.
- **Mindful Movement:**
<https://drive.google.com/file/d/1HLaxAQ6GBLucCRcRJbtdSWQc8kUhLjkM/view?usp=sharing> Shower yourself with kindness, send hugs to your loved ones!
- **Mindful Activity:**
https://drive.google.com/file/d/1aDi_tfc3KSltO2tUHyodVReUiV91HDh0/view?usp=sharing Make your own kindness book. Check out this super cool art project video as Ms. Kristin teaches us to make a book...out of envelopes!
- **Mindful Home Practice:** Do a kind action for someone else, and practice sending out kind thoughts. (And don't forget mindful breathing and listening in your calm corner!)
- **Journal:** 1. Make a list of kind actions you can do for others, and make a plan to do some of them. 2. What are some kind things that others have done for you?
- **Supplemental Materials:** [Loving kindness](#) graphic, [Thumbs Up, Peace Out](#) graphic