

Compassion Kit Instructions

3rd - 6th Grade

Mindfulness, or feeling fully present, is one way for everyone to practice self-care and compassion. Here is a list of several activities to help increase your sense of calm and well-being through eating mindfully, consciously breathing, and tactile awareness.

Thanks to Healing Hearts of Southeastern Wisconsin for their help developing many of these exercises.

Breathing with Bubbles

Supplies Needed: Container of Bubbles

Look at the container, feel the container in your hands, notice the color of the container, notice how your hands feel as you open the container. How does it feel to dip the bubble wand into the liquid? How does it feel in your lips, throat, lungs, belly, and arm as you raise the wand to blow a bubble? Take a big breath in and slowly blow out to make a stream of bubbles. Notice the bubbles you blow – how large or small are they? Continue slowly blowing bubbles for as long as you'd like. How does your body feel after you are done?



Mindful Candy

Supplies Needed: Chocolate Kisses Candy

Hold the candy in the palm of your hand and look at it. How is it shaped? How is it wrapped? Slowly unwrap the candy kiss. How does it sound when you unwrap it? How does it smell? Place the candy on your tongue and roll it around in your mouth. Try not to bite into the candy. How does the chocolate taste as it slowly melts in your mouth? Spend a few minutes thinking about how it tastes and smells and how that makes you feel. Does this change how you think about eating food? Try eating another food mindfully – a raisin, banana, any food will do.



Decorate Your Box

Supplies Needed: Any Empty Box

Use your favorite crayons, markers, or colored pencils to color and draw on the panels of the box. Add stickers too! You can even draw on the folds so your drawing wraps around the box. Use your box to keep special items and memories.



Fidget Sticks

Supplies Needed: Pipe cleaner, Popsicle Stick, Tape, 6-8 Beads. Bend one end of the pipe cleaner around the end of the popsicle stick and tape it in place. String 6-8 beads onto the pipe cleaner. Carefully bend the loose end of the pipe cleaner around the end of the popsicle stick and secure with tape. Decorate the popsicle stick however you want! Notice how the beads feel when you move them across the pipe



Compassion Kit Instructions

3rd - 6th Grade

Reflective Journaling

Whether or not you've journaled before, journaling can be a helpful tool for self-reflection and healing. Journaling isn't limited to writing words. Feel free to include drawings, paintings, photos, pictures from magazines—there are limitless ways to journal! Here are some prompts to help get you get started:

- I am feeling...
- Here are things that I enjoy doing...
- Here are ways that I practice care for myself...
- Here are some things that make feel hopeful...
- Describe a time in your life when you felt powerful.
- List 10 things you love about yourself or your community.



Play Dough

Supplies Needed: Container of Play Dough

Open your play dough container. How does the play dough feel in your hands? How does it smell? What color and shape is it? How does it feel when you squish it into different shapes?

