

Adult Compassion Kit

Instructions

Mindfulness, or feeling fully present, is one way to practice self-care and compassion. Here are descriptions of several techniques and activities that may help bring you to the present moment and increase your sense of calm and well-being. Thanks to Healing Hearts of Southeastern Wisconsin for their help developing many of these exercises.

Included are:

Journaling Prompts

Zentangle Prompts

“Self-Care” Giver Prompts

Mindful Candy Exercise

Journaling as a Tool for Reflection

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 integrate 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 me feel hopeful...
- Describe a time in your life when you felt powerful.
- List 10 things that you love about yourself and/or your community.

Zentangles

Zentangles are a great creative way to calm your thoughts by making abstract art. Use these instructions below, provided by mymodernmet.com, to start your own zentangle project. For more information, visit mymodernmet.com, or view tutorials on YouTube.

Gratitude and appreciation Be in the moment and thankful for your tools and the time you have to create something.



Corner dots Afraid of the blank page? They instruct you to place a “light pencil dot” in each corner of a 3.5” square paper that's about a pen's width away from the edges.

Border Connect the dots you just made with a line to create a square.

String Separate the sections of your square with lines they call “strings.” The marks can be curvy, straight—whatever you like.

Tangle A tangle is defined as a “sequence of simple strokes that make up a pattern.” Draw these elements inside of the strings and borders. Be deliberate as you make your strokes and focus on the pen as you do so.

Shade Add shading with a pencil to give your tile form.

Initial and sign your work Put your initials on the front of your artwork and sign the back. You might add the date and any other comments (like how you felt) when creating it.

Appreciate Relish in the fact you made something!

Mindful “Kiss” Eating

Supplies Needed: Chocolate Kisses Candy

Candy Being fully present while eating can increase a sense of well-being and provide a “time out” or “restart.” Here are some steps to encourage being fully present while eating a kiss.



Hold the candy kiss in the palm of your hand and observe it. Pay attention to the shape of the candy, the foil, and the way it is wrapped around the candy, etc. Slowly unwrap the candy kiss.

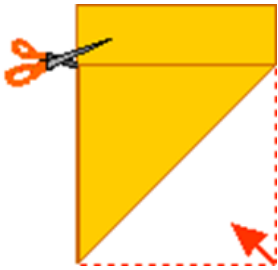
Listen to the noise made by the foil. Hold the candy kiss up to your nose and smell it. Place the candy on your tongue and roll it around in your mouth. Try not to bite into the candy.

Taste the chocolate as it slowly melts in your mouth. Spend a few minutes reflecting on your experience of taste, smell, and being fully present. Does this exercise change how you think about eating food? Try to eat another food mindfully – a raisin, banana, any food will do.

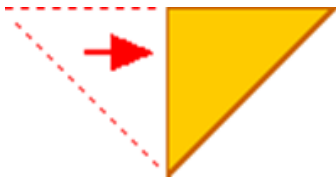
“Self-Care” Giver Instructions

This project encourages both being present and self-care. This activity is a twist on a paper “fortune teller.” Mindfully folding the paper and paying close attention to the phrases, colors, and numbers used in this project may increase feelings of centeredness. Consider playing soothing music or lighting a candle as you create your “self-care” giver.

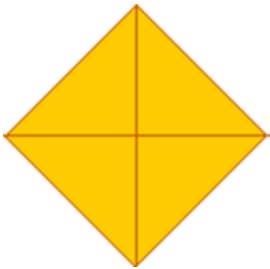
Begin by making a square piece of paper. To start making the square, fold one corner of a piece of paper over to the adjacent side.



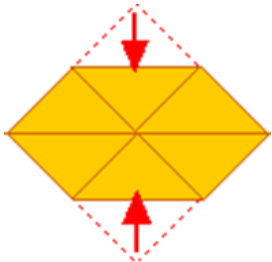
To finish making the square, cut off the small rectangle, forming a square (which is already folded into a triangle).



Fold the two opposite ends of the triangle together, forming a smaller triangle.



Open the paper up (unfolding all the folds).



Fold a corner into the central point. Repeat with the opposite corner.

Repeat with the other 2 corners. You'll end up with a square.



Flip the paper over.

Fold a corner over to the center. Repeat with the opposite corner.

Fold over the 2 remaining corners. You'll end up with a smaller square.





Fold the square in half. Unfold and fold in half the other way.



Unfold and pull the four ends together, making a diamond-like shape. Pick up each of the four square flaps, and put your fingers inside. You will be able to move the four parts around.



Write any four colors on the four flaps.

Flip it over, and write 8 numbers on the triangular flaps.



Flip it over, and write 8 numbers on the triangular flaps.

Write 8 self-care activities inside the flaps (underneath the numbers).

Examples:

Take a walk in nature

Drink a glass of water

Breathe deeply 5 times

Stretch for 5 minutes

Eat a healthy snack

Dance to some music

Call or text a good friend

Write down 4 things for which you are grateful



To use your “self-care giver” choose one of the four colors. Spell that color out, while moving the giver in and out for the number of letters in the color. Then choose one of the numbers that is showing. Move the giver in and out the number of times reflected on the number chosen. When you finish, choose one of the four visible numbers. Open up the chosen flap and complete the self care activity. This is a great activity for friends and family to do together.



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