

GROWING MY GARDEN:

KEIKI SELF-CARE TOOLKIT

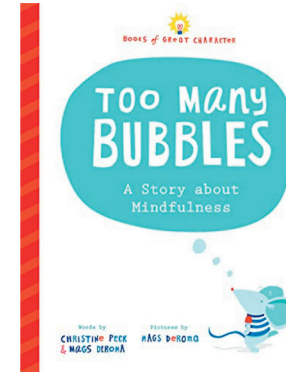
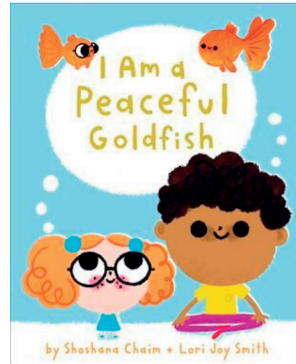
Made possible by:



AIR

Book Kit Contents

- 1 Set of Discussion Cards
- 4 Books



Let us know what you think about this book kit! Scan the QR code to access our survey.



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The goal of Keiki Self-Care Toolkits is to support parents and caregivers in cultivating mental and emotional well-being in their children, their families, and themselves.

To cultivate “seeds” of well-being, each kit contains books, an activity guide and activities to support a healthy garden of the mind.

WATCH FOR THESE KITS:



Soil - Ground yourself and recognize emotions through mindfulness.



Water - Practice activities that nourish a healthy mind.



Sunshine - Spread kindness through gratitude, affirmations and self-love.



ACTIVITY GUIDE

Before and while reading, keep in mind:

Air provides clean, clear space for seeds to grow.

Sometimes we may be overwhelmed with too many thoughts and feelings. Breathing techniques can help us calm and focus our minds, creating space for healthier thoughts and feelings to thrive.

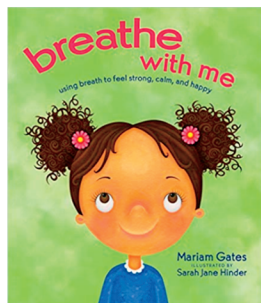
After reading, find the cards in your Take Home Packet:

- Keep track of breathing exercises you learn and practice on Card #1.

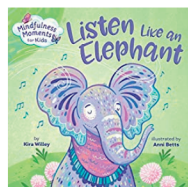
Breathing Exercises:

- Practice deep breathing exercises, tracing the shapes on Cards #2 (Triangle), #3 (Square), and #4 (Star), as you inhale and exhale.
- What was your favorite breathing exercise from the books you read? When would be a good time to practice that breathing exercise?

FURTHER RECOMMENDED READING



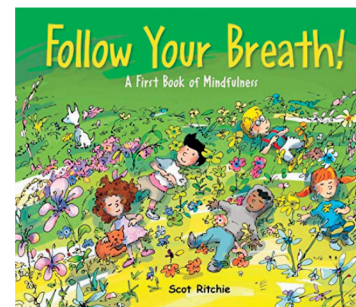
Breathe With Me : Using Breath to Feel Strong, Calm, and Happy
by Mariam Gates



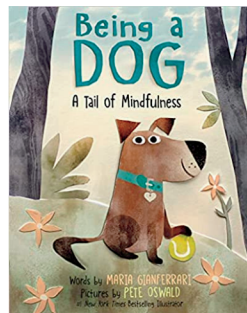
**Mindfulness Moments
for Kids Series**
by Kira Willey



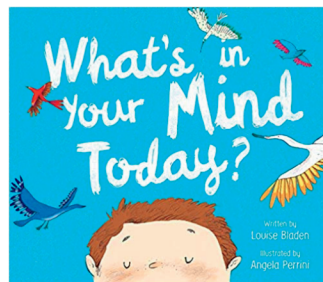
**Alphabreaths:
The ABCs of Mindful Breathing**
by Christopher Willard



**Follow Your Breath! A First
Book of Mindfulness**
by Scot Ritchie



Being a Dog: A Tail of Mindfulness
by Maria Gianferrari



What's in Your Mind Today?
by Louise Bladen