

GROWING MY GARDEN:

KEIKI SELF-CARE TOOLKIT

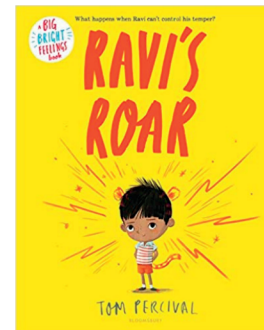
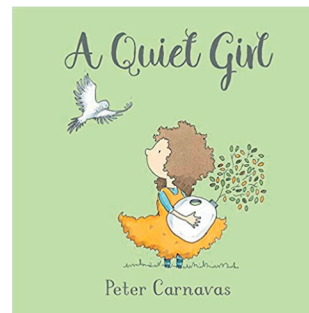
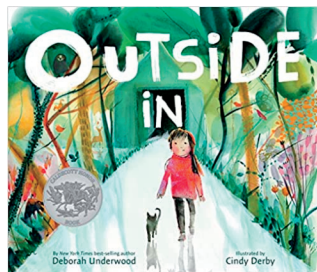
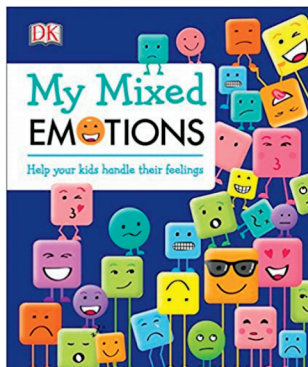
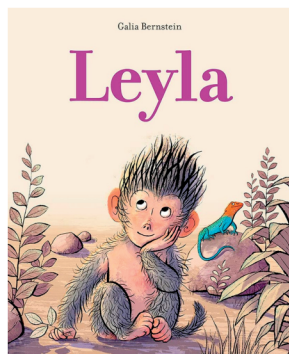
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Book Kit Contents

- 1 Set of Discussion Cards
- 5 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:



Water - Practice activities that nourish a healthy mind.



Air - Cultivate calm using breath.



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



ACTIVITY GUIDE

Before and while reading, keep in mind:

Soil provides a nourishing foundation for seeds to grow, and keeps them grounded through their roots.

Like soil provides the foundation for seeds to grow, recognizing our own emotions builds the foundation for us to grow and manage them. Grounding techniques, mindfulness, and meditation can help us connect with our emotions, and balance our emotional response.

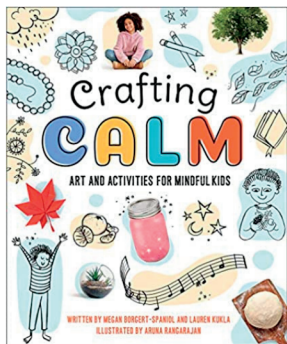
After reading, find the cards in your Take Home Packet:

- Keep track of grounding activities you learn and practice on Card #1 to help you.
- Use the emotion scales (Card #2) to identify how the characters in each book feel. Where on the emotion scale are you? How can you use the emotion scale to recognize your feelings and identify your needs?

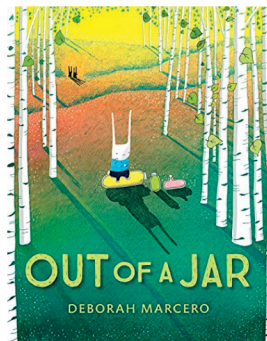
Grounding Activities:

- Create your own calming jar (Card #3). Shake the jar when your feelings are too "big". Watch the glitter swirl around wildly. Breathe as you watch it settle, until the water is clear again, and you feel calmer.
- Make sensory dough (Card #4) to help focus on stress and negative feelings, and squeeze them away.

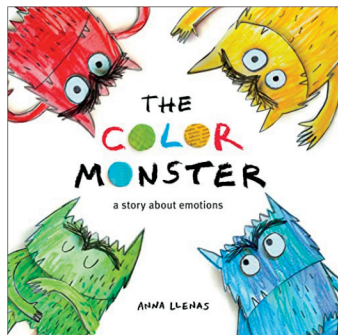
FURTHER RECOMMENDED READING



Crafting Calm
by Megan Bogert-Spaniol
& Lauren Kukla



Out of a Jar
by Deborah Marcero



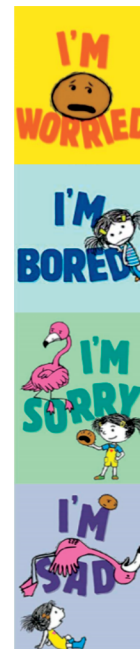
The Color Monster
by Anna Lenas



Big Bright Feelings Series
by Tom Percival



Dealing with Feeling Series
by Isabel Thomas



I'm Books by
Michael Ian Black