

# GROWING MY GARDEN:

## KEIKI SELF-CARE TOOLKIT

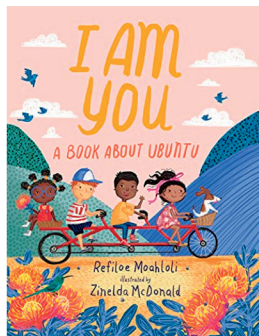
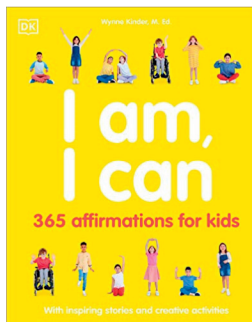
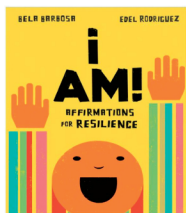
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# SUNSHINE

## Book Kit Contents

- 1 Set of Discussion Cards
- 6 Books



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





# **GROWING MY GARDEN: KEIKI SELF-CARE TOOLKIT**



# **SUNSHINE**



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.



**Air** - Cultivate calm using breath.



**Water** - Practice activities that nourish a healthy mind.



# ACTIVITY GUIDE

## **Before and while reading, keep in mind:**

Sunshine provides warmth and energy to help seeds grow.

It is important to share with ourselves the same warmth we share with others through kindness and gratitude. Treating ourselves with kind words and positive affirmations encourages positive thinking habits to grow.

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

- Keep track of different ways you share kindness with yourself and others on Card #1.

### Activities:

- After reading *Thankful*, Create a Gratitude Chain of your own (Card #2). You can start a new chain every year, month, week, or as often you choose. This is also a great activity to do together as a group or family.
- Fill your Happiness Jar (Card #3) with happy thoughts/memories, and take them out when you need encouragement.
- Practice positive affirmations with your Affirmation Mirror (Card #4). Repeat your affirmations throughout the day, as reminders.

# FURTHER RECOMMENDED READING



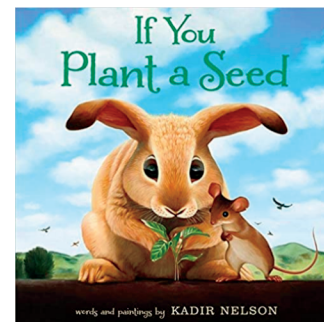
**Kindness Makes Us Strong**  
by Sophie Beer



**Wallflowers**  
by Mackenzie Joy



**Be A Tree!**  
by Maria Gianferrari



**If You Plant a Seed**  
by Kadir Nelson



**A Small Kindness**  
by Stacy McAnulty



**Can I Sit With You?**  
by Sarah Jacoby



**Grow series**  
by John Lasser