GROWING MY GARDEN: WATER

KEIKI SELF-CARE TOOLKIT

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

Before and while reading, keep in mind:
Water nourishes and refreshes seeds/seedlings to help them grow.

We need activities that nourish and refresh our minds and bodies. Fulfilling activities are different for everyone, and include rest, exercise, play, reading, crafting, or any activity that replenishes your spirit.

After reading, find the cards in your Take Home Packet:
- Keep track of the activities you find fulfilling on Card #1.

Fulfillment Activities:
- Try Self-Care Bingo on Card #2 to practice, and possibly find new activities that fulfill you.
- Adopt a PomPom Friend (Card #3). Name and customize your friend. Keep them around to talk to, or when you need a little squeeze of encouragement. You can also make a home for your PomPom friend, or create more friends/family.
FURTHER RECOMMENDED READING

- Tisha and the Blossoms by Wendy Meddour
- Mindful Mr. Sloth by Katy Hudson
- You Are a Lion! And Other Fun Yoga Poses by Taeeun Yoo
- 100 Things... Series by Amy Schwartz
- All We Need by Kathy Wolff
- Pete the Cat's Groovy Imagination by James Dean