

GROWING MY GARDEN:

KEIKI SELF-CARE TOOLKIT

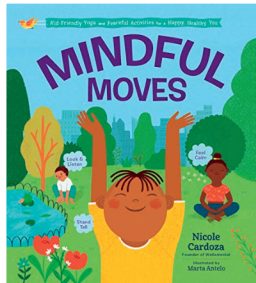
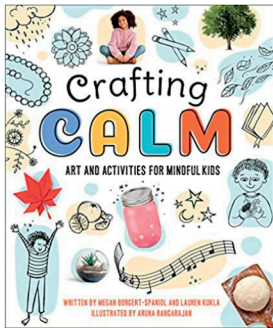
Made possible by:



WATER

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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WATER



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.

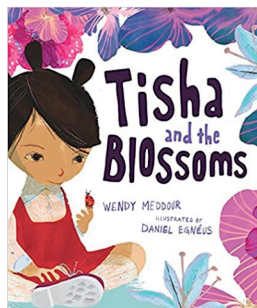
After reading, find the cards in your Take Home Packet:

- Keep track of the activities you find fulfilling on Card #1.

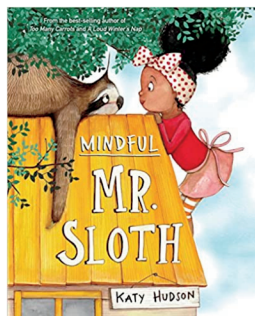
Fulfillment Activities:

- 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.

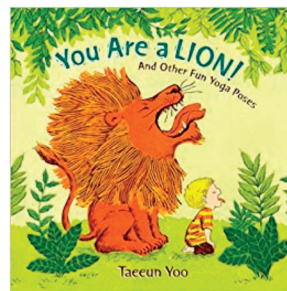
FURTHER RECOMMENDED READING



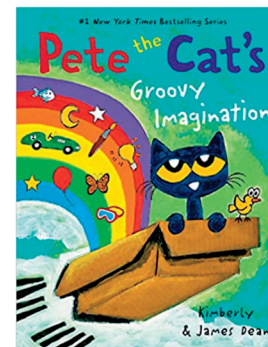
Tisha and the Blossoms
by Wendy Meddour



Mindful Mr. Sloth
by Katy Hudson



You Are a Lion!
And Other Fun Yoga Poses
by Taeun Yoo



Pete the Cat's
Groovy Imagination
by James Dean



100 Things... Series
by Amy Schwartz



All We Need
by Kathy Wolff