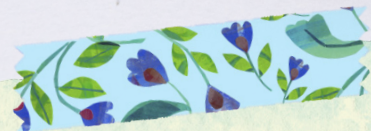
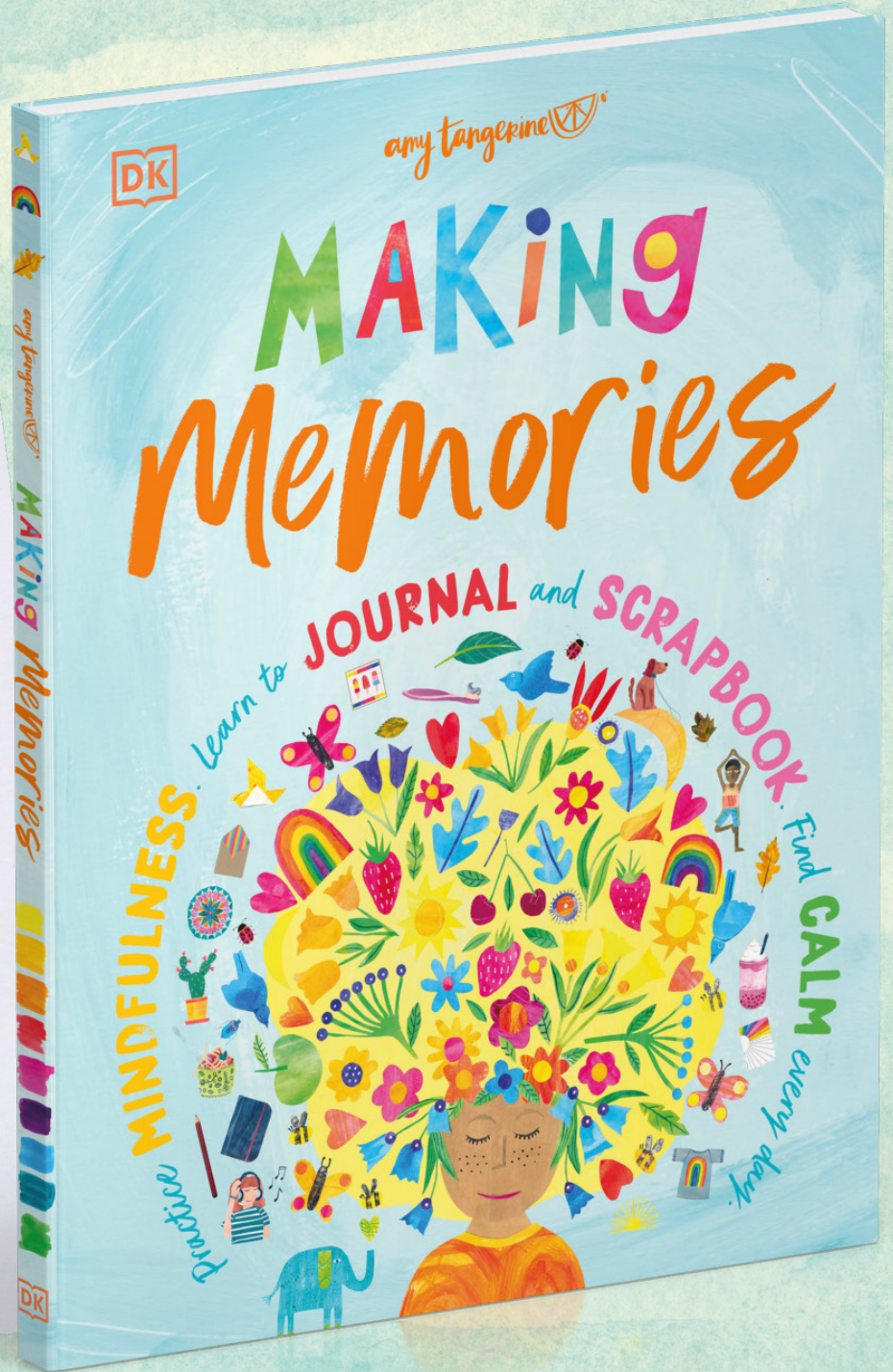




# Mini Mindfulness Kit



For the curious



# Discover journaling!

Journaling is pretty much just writing your thoughts on paper. It's a great way of reflecting on things that have happened, creating new ideas, or recording your memories. There's no right or wrong way to do it!

## Why journal?

When you start a journal, decide what you'd like to get out of it. Do you want to keep note of your daily doings? Would you like a place to put your hopes and dreams? Do you want to get your thoughts out of your head and come back to them later? You can make lists, write, draw, cut, paste—anything you like!

Use lots of different colors if you like.

## YOUR JOURNAL JOURNEY

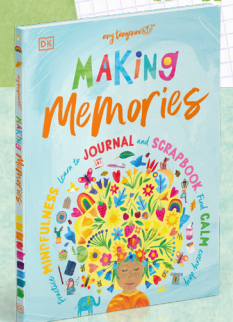
Journaling however often feels good to you. Whether it's every single day or just once in a while, journaling can help you look at your life in a different way. You might find that it helps you solve problems or feel calm.

You can draw your ideas, too!



For the curious

Content taken from *Making Memories*



# Making mandalas

Have you ever found yourself doodling or creating patterns when you feel stressed or unhappy? Steady, repetitive activities such as drawing or crafting can be very calming. Making a mandala is a good one to try.

## WHAT IS A MANDALA?

Mandalas are patterns, usually in the shape of a circle, that are meant to represent the universe. Making them or looking at them once they are finished can help to focus your thoughts or meditate.

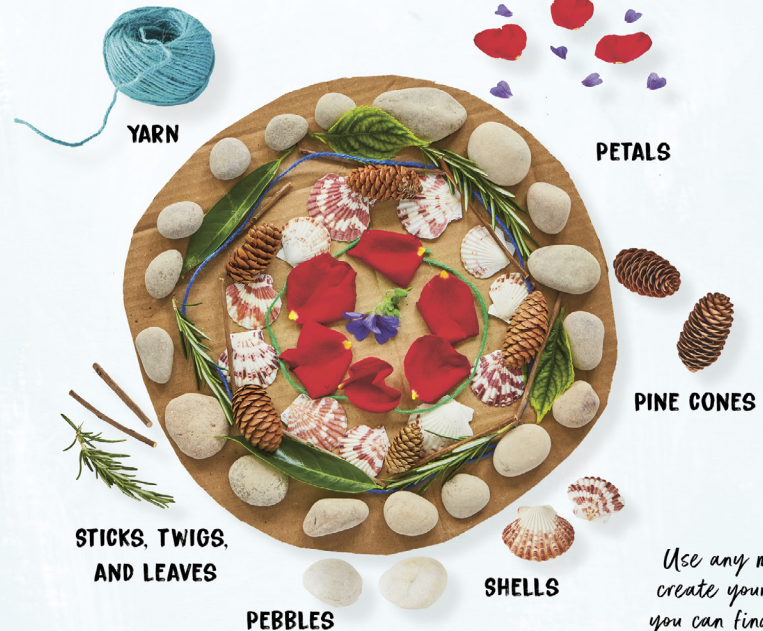


## MANDALA METHODS

From painting onto cloth or paper to fashioning designs in metal or stone, people use all sorts of methods to create mandalas. Some, like these Buddhist monks, spend many hours or days making them using colored sand. First, they map out the elaborate design in chalk, and then they use tools to precisely and delicately lay the sand in place.

# Make one yourself!

You can draw or paint a mandala onto paper, or try making one out of objects you've found in nature. Sketch a circular design on some paper or cardstock, then lay your objects in place. Try to make the pattern symmetrical, but don't worry if it isn't perfect. While making your mandala, try to clear your head of stressful thoughts and instead enjoy watching the patterns build up in front of you.



STICKS, TWIGS,  
AND LEAVES

## MANDALA MINDFULNESS

While you create your mandala, try to relax. Soften your jaw and shoulders, and take long, deep breaths. Focus on how each object feels in your hand and place it with care and precision. Think about how your mandala makes you feel.

1



Begin at the center.

2



Try to make your design symmetrical.

3



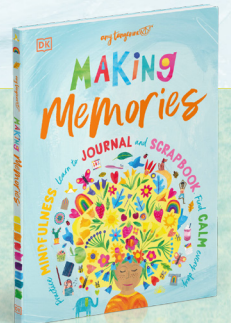
Build up the design row by row.

Use any materials you like to create your mandala. See what you can find around your home or outside. Items such as buttons, coins, or beads work well, too!



For the curious

Content taken from *Making Memories*





MESSY DRAWER. MESSY MIND!

# Tidy room, tidy mind



COLOR-CODE  
AND CATEGORIZE!

Keeping calm is hard to do if the space around you is chaotic. We often fill our lives with things we don't need.

Clearing your space of things that don't bring you joy can help you tidy your mind, as well as your room!

## Give things a second life

Surrounding yourself with things that make you feel happy can help you feel relaxed, and keeping things that don't can feel stressful. If you keep a sweater that doesn't fit or feel right, you can end up feeling guilty that you're not wearing it. But don't throw it away—give it a second life! Gift unwanted items to friends or donate them to charity. It's better for the environment, and when you release things that don't bring you happiness, you'll have more space for the things that do.



# How do you keep things neat?

Don't wait until your room is a mess to tidy it!  
Build daily habits to keep it ordered.



## Take your time

The longer you put off tidying, the harder it will be to do, so do it now! Set aside some time to work through your room bit by bit. As you pick up each thing, take a moment to enjoy how it makes you feel and think about what joy it brings. Does it bring up any memories?



## A place for everything

Decide on a "home" for each of your things. When everything has its own place, finding and storing it is a breeze.

## PAINTED JAR TIDY POTS



### PAINT THE JARS

Rainbow order is a fun way to organize. Paint old jars each color of the rainbow.



### ARRANGE BY COLOR

Categorize your stationery or school supplies and have a jar for each category. You could put your crayons in one jar and your coloring pens in another. This will make them much easier to find!



For the curious

Content taken from *Making Memories*

# Plants and growth

One of the most amazing things about being alive is how we grow and change every day. Caring for plants can remind us of this growth, since they grow and change every day, too. Start your own indoor garden with some of these easy-to-grow plants.



Use the ideas on this page to get inspiration for your own home garden!



Some plants love to be up high. Get some pots (thrift stores are a great place to find them) and ask a grown-up to help you hang them from a high spot. Experiment with hanging them at different heights.



# Keep your own plants!

## Marigolds

These flowers are usually red, orange, or yellow. Some cultures consider them good luck. Their smell repels certain insects that might try to eat your other plants.



## Spider plants

These plants are named for their long, snakelike leaves. They are very easy to grow and sprout new little plants from the end of their stalks!



## Cacti and succulents

These low-effort plants are easy if you don't have a green thumb. They don't need much water to survive and they thrive in natural light.



## African violets

These flowers come in many colors, from white and pink to red and purple. They love bright spots so would be perfect to grow on a sunny windowsill!



## PROPAGATE YOUR PLANTS!



With some types of plants, you can grow new plants from your big plant. This is called propagation. To propagate a Chinese money plant, gently pull away one of the smaller offshoots growing around it. You might need to untangle the roots.

Plant your little offshoot in a small pot with some potting soil. Always wash your hands well after touching soil.

## WATCH IT GROW!

Now just find a sunny spot for your plant, water it when the soil is dry, and wait. Slowly, the offshoot should grow its own roots and new leaves should start to grow.



Scientists have evidence that talking to plants nicely can help them grow. After complimenting your plants, say a few nice things to yourself, too.



For the curious

Content taken from *Making Memories*

