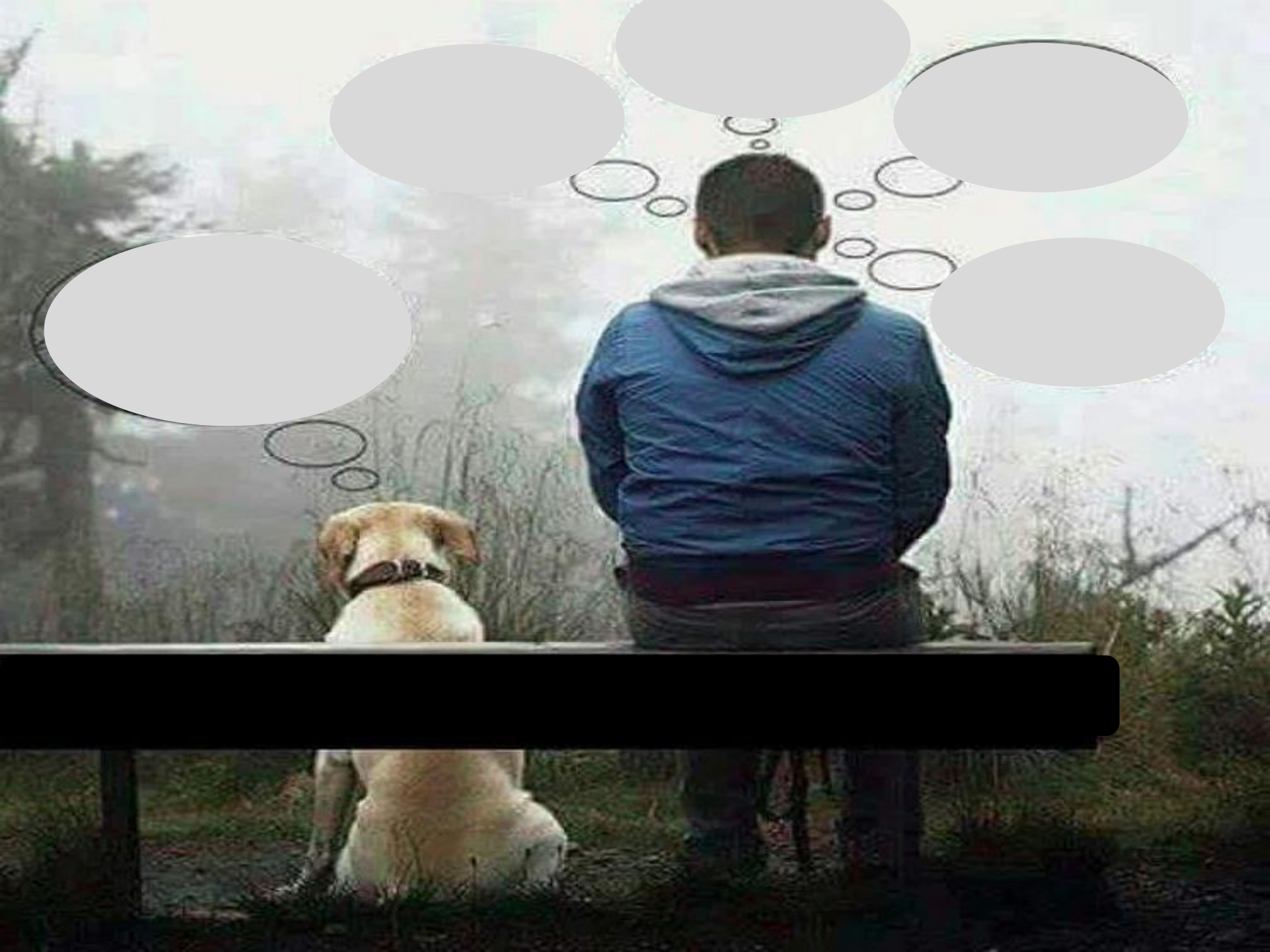


**What
is
mindfulness?**





The kindness curriculum

Let's Sing!

*May you be happy,
peaceful and loved.*



**The words of this song come
from a very old meditation.**

**It is called the
“loving kindness meditation.”**



**The singer/ meditator
wants these things
for him/herself,
others &
everyone.**





May I be happy.



May I be peaceful.



**May I be
filled with love.**

Meditation

**is good
for the
brain &
the body**



Meditation

**improves
thinking
& focus**



Meditation **reduces stress**



Meditation

improves heart health



Meditation

**reduces
pain**

- physical
-

emotional



Meditation

**improves
relationships**



**With your partners
think of gestures for:**

May you be happy.



May you be peaceful.



**May you be
filled with love.**



Stand up.
Sing with the video
Use your gestures.
Point to yourself,
others,
everyone.

Enjoy!





I hope you are

happy,



peaceful



& loved.





www.centerhealthyminds.org
Kindness curriculum





deep
breathing

in through
the nose

out through the mouth



A white handprint is centered on a background of vibrant, textured rainbow colors. The colors transition from red and orange on the left, through yellow and green at the top, to blue and purple on the right, and back to green and yellow at the bottom. The handprint is a simple outline with five fingers spread.

**Put your
hand on
your
tummy.**

Katie Rainbow
@ Unsplash.com



**When
Out?**

**When
in?**

Katie Rainbow
@ Unsplash.com



Belly buddy



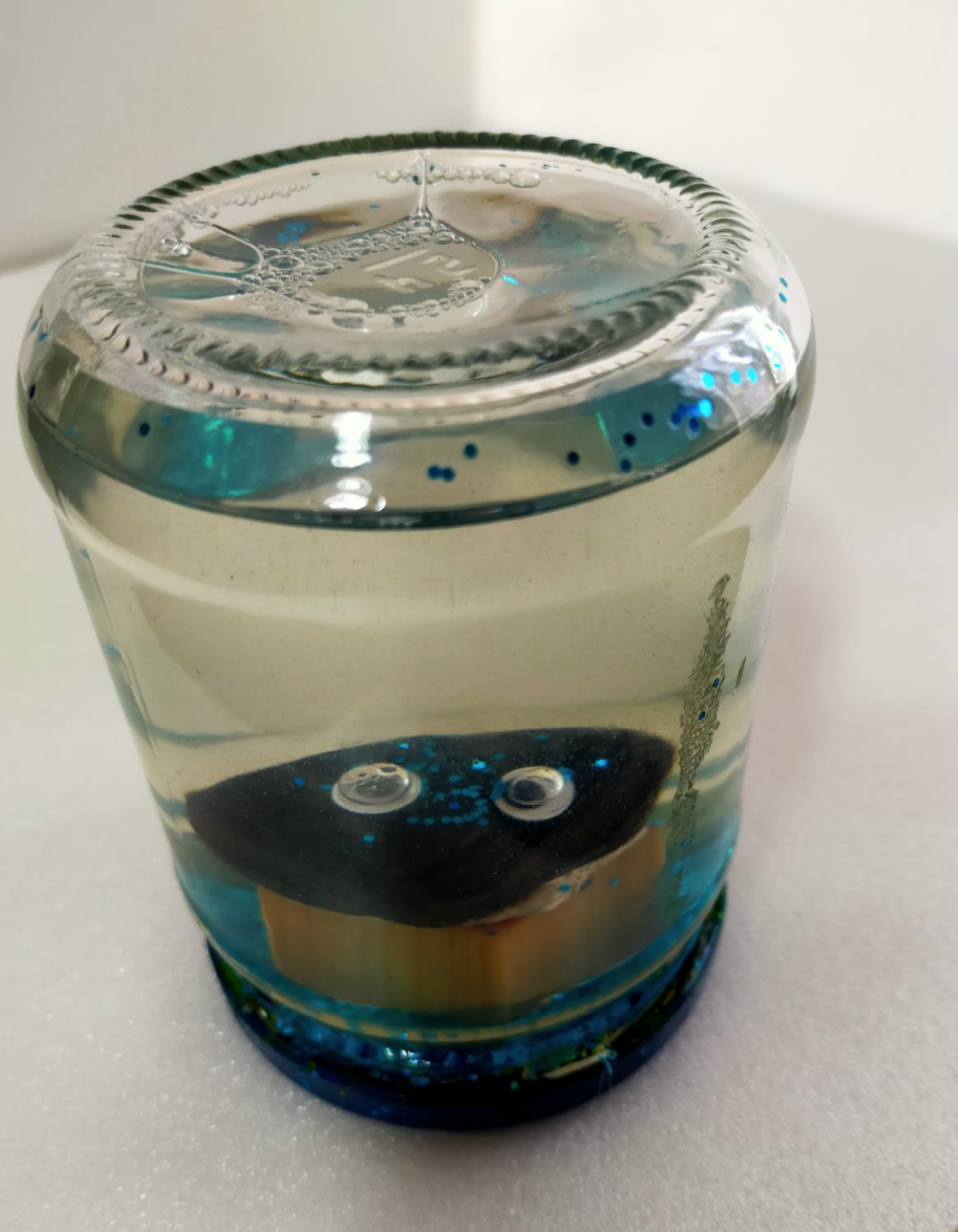
Kelly Sikkema
@ Unsplash

**Belly
buddy**





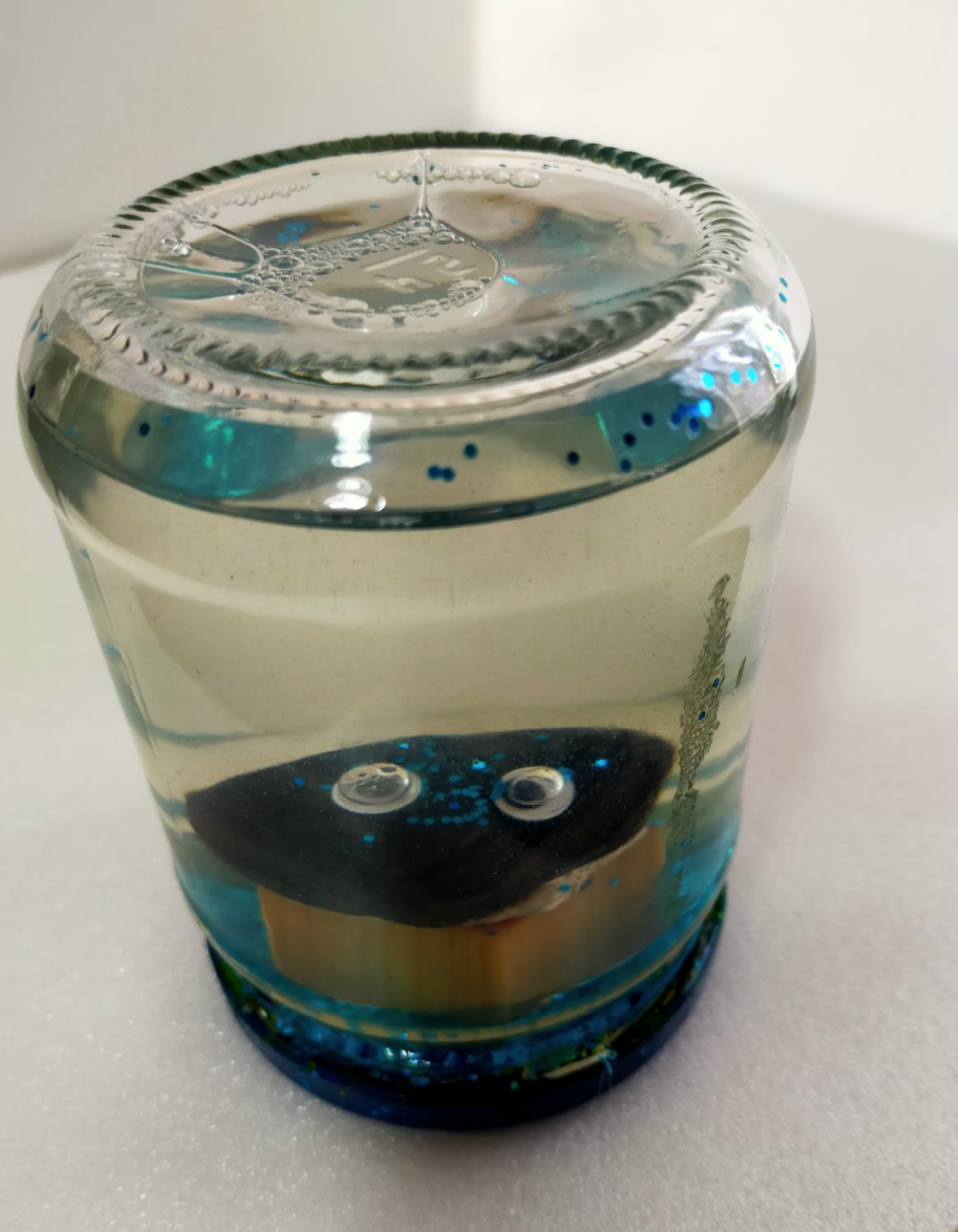
Seira Kelly
By Curtis &
Yoshimi Kelly



Mind jar



Mind jar



Mind jar



Mind jar

Pause (k)



0:00 / 3:41





A mindfulness-based
**kindness
curriculum**
for preschoolers

70 pages
22 lesson
plans
FREE

BOOKS FOR THE KINDNESS CURRICULUM

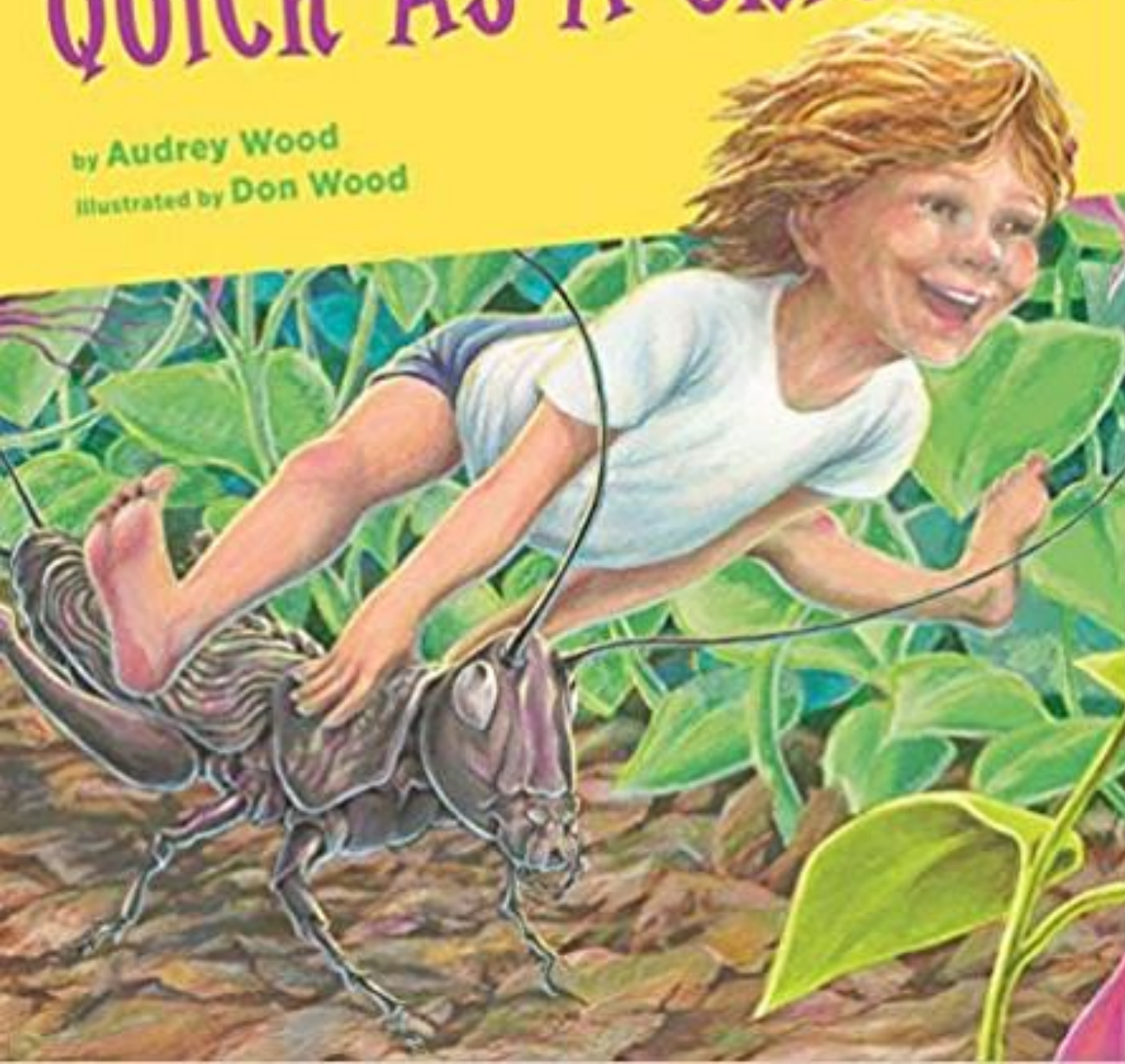
The Kindness Curriculum lessons provide opportunities to connect with literacy learning in the classroom. The children's literature used in these lessons offers reinforcement of literacy skills as well as a way to engage students in the lessons. Books are not just read to students; the reader engages the students in the book as an adventure, piquing their natural curiosity and problem-solving skills. Ask questions along the way about how characters are feeling, what might happen next and the connections students make to what they are learning.

Lesson	Lesson Title	With	Book Title	Author	Pages	Estimated Time	Topic(s)
3	Growing Friendships with Kindness		Buen's First Day at School	Soyung Park	28	7 minutes	Emotions, indicating behavior
4	Quiet Emotions on the Inside	Begin reading portions of this book on first day of curriculum.	A Quiet Place	Douglas Flood	30	Read in multiple sittings.	Restlessness and quiet
5	I Can Notice Things When I Am Quiet Inside	Read story with students prior to lesson.	The Listening Walk	Paul Shrevers	30	10 minutes	Restful and quiet place
6	Different Emotions Feel Differently on the Inside		Quick as a Giraffe	Audrey Flood	23	10 minutes	Feelings in the body
8	Working with Emotions in a Kind and Friendly Way	Read story with students prior to lesson.	I'm the Best	Lory Cousins	30	7 minutes	Hurting feelings and fixing them
9	Emotions Change Many Times Each Day	Read story with students or play audio recording prior to lesson; video and summary text as needed.	Bigger	Shirley Hughes	30	10 minutes	Kindness and gratitude
10	Busy Mind and Clear Mind		Moody Cow Meditates	Kerry Lee Morrison	28	8 minutes	Being with anger
12	What Can We Do When We Are Angry?		When Sophie Gets Angry	Molly Bang	33	8 minutes	Working with anger and uncomfortable feelings
14	Forgiving Myself	Read story with students prior to lesson; film and summary text as	Down the Road	Wes Scharis	35	10 minutes	Forgiveness

16 books lesson plans

QUICK AS A CRICKET

by Audrey Wood
illustrated by Don Wood



feelings

Shirley Hughes
DOGGER

The much-loved story about finding your favourite toy

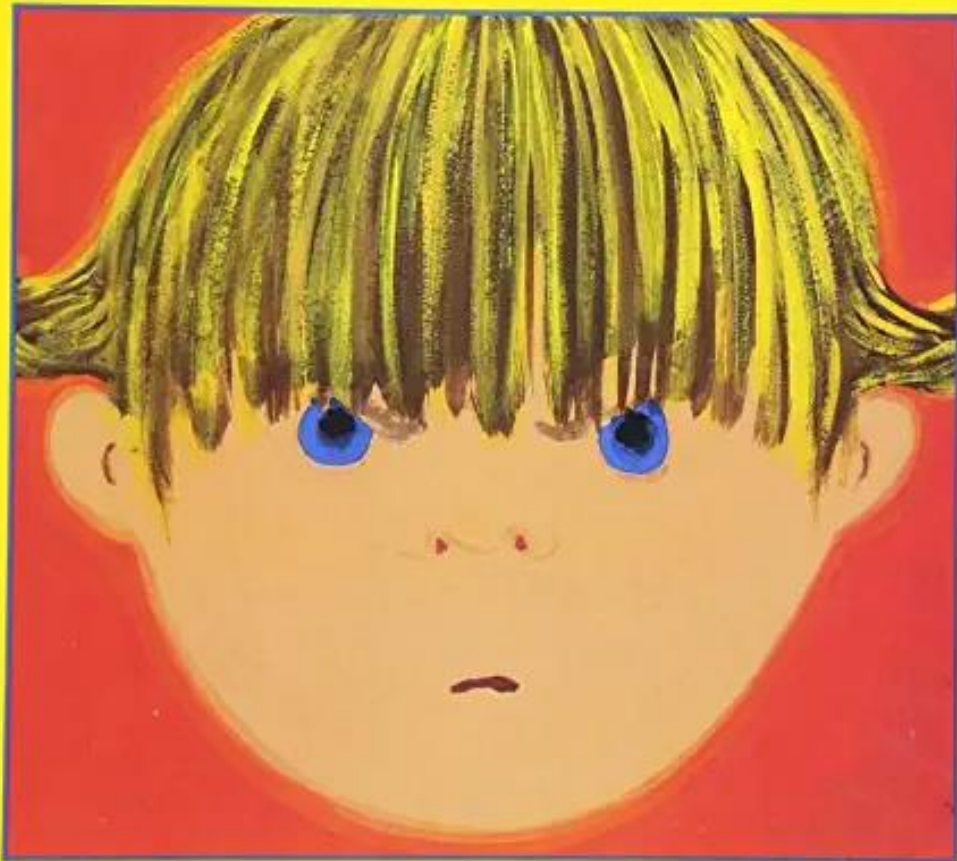


**kindness/
gratitude**



**Kindness
for
others**

When Sophie Gets Angry— Really, Really Angry...



BY MOLLY BANG

 SCHOLASTIC

Dealing With anger



Lesson 10

Busy mind and clear mind

CONCEPTS

- Emotions and thoughts can make our mind busy
- Focusing attention can make our mind calm

KEY WORDS

mind, meditate, Mind Jar

OBJECTIVE

Children will be able to:

- Use Mind Jar to show a busy and calm mind
- Focus attention as glitter within Mind Jar settles

MATERIALS

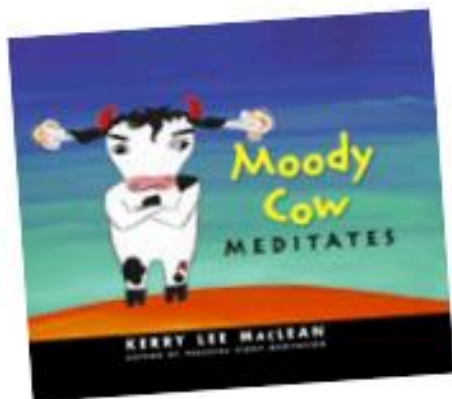
- Bell
- "Moody Cow Meditates" book ([link to purchase](#))
- A completed Mind Jar (see following lesson on how to make your own)
- "My Mind is a Clear Blue Sky" song ([link to purchase](#))

ACTIVITIES

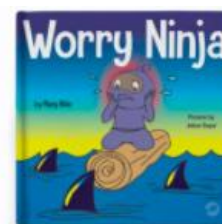
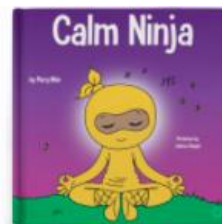
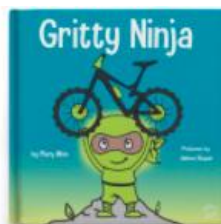
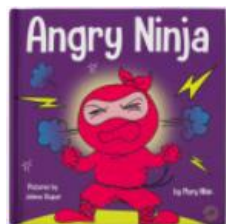
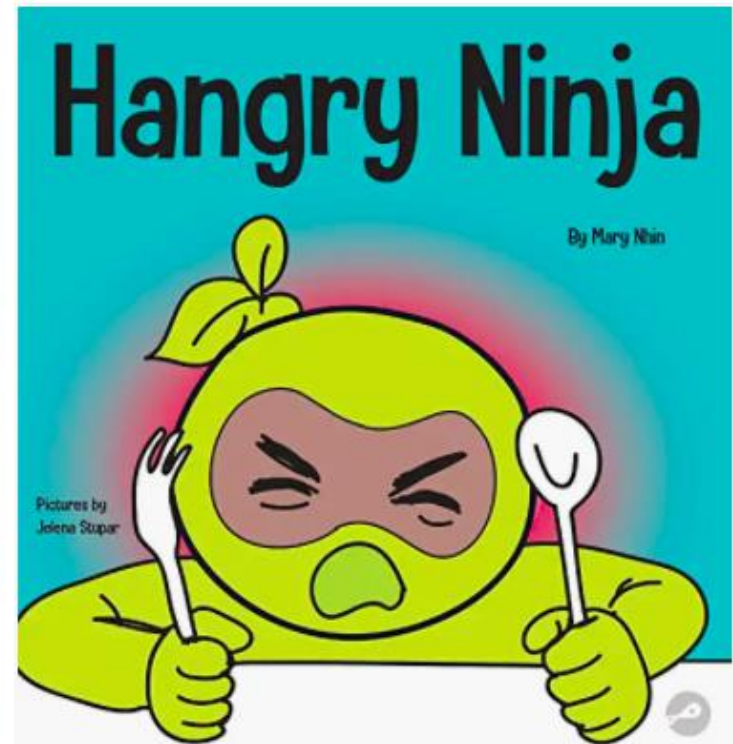
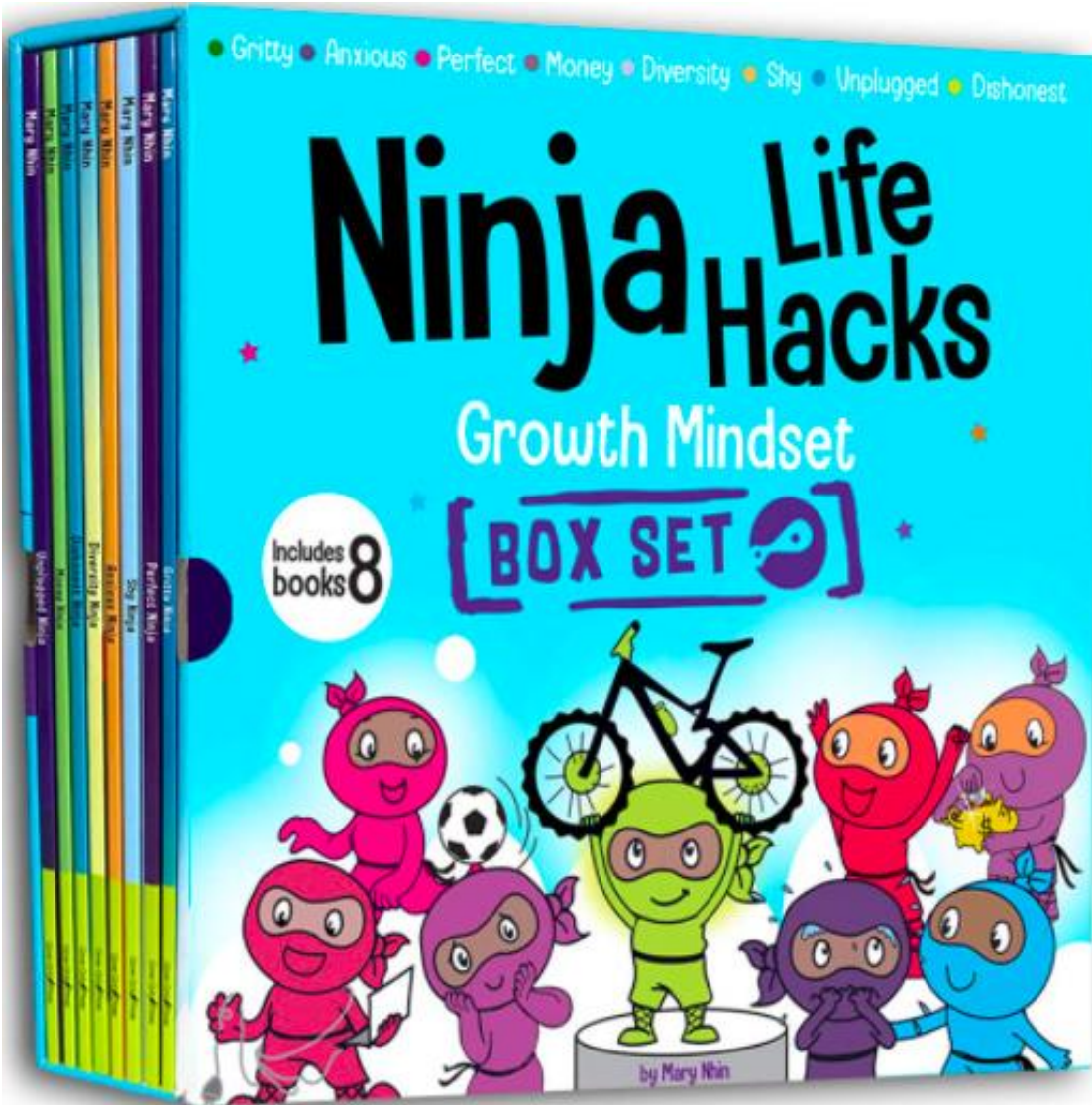
1. Bell
2. Growing Friendship Wish (GFW)
3. Book review and "Caring" song
4. Brain Game ("Follow Me," emotions)
5. Mind Jar and "My Mind is a Clear Blue Sky" song

PREPARATION

Prepare Mind Jar to model for class



Lesson plan for each book



ALPHABREATHS

THE ABCS OF MINDFUL BREATHING



Written by
CHRISTOPHER WILLARD
& DANIEL RECHTSCHAFFEN

Illustrated by
HOLLY CLIFTON-BROWN

A

Alligator Breath

Open your arms wide like alligator jaws on the in-breath. Snap them shut on the out-breath.



B

Butterfly Breath

Spread your arms like beautiful butterfly wings on the in-breath, and let them flap gently on the out-breath.



Cake Breath

Breathe in as you imagine a birthday cake. Breathe out as you imagine blowing out the candles.



D

Dolphin Breath

Breathe in as you lift your arms up high. Breathe out as you imagine diving into the ocean.



E

Elevator Breath

As you breathe in, imagine your breath going all the way up to the top floor of your belly. As you breathe out, imagine it going all the way down to the bottom. You can even count floors as you breathe.



F

Flower Breath

Breathe in and imagine you are smelling your favorite flower. Breathe out and imagine you are blowing the seeds of a dandelion.

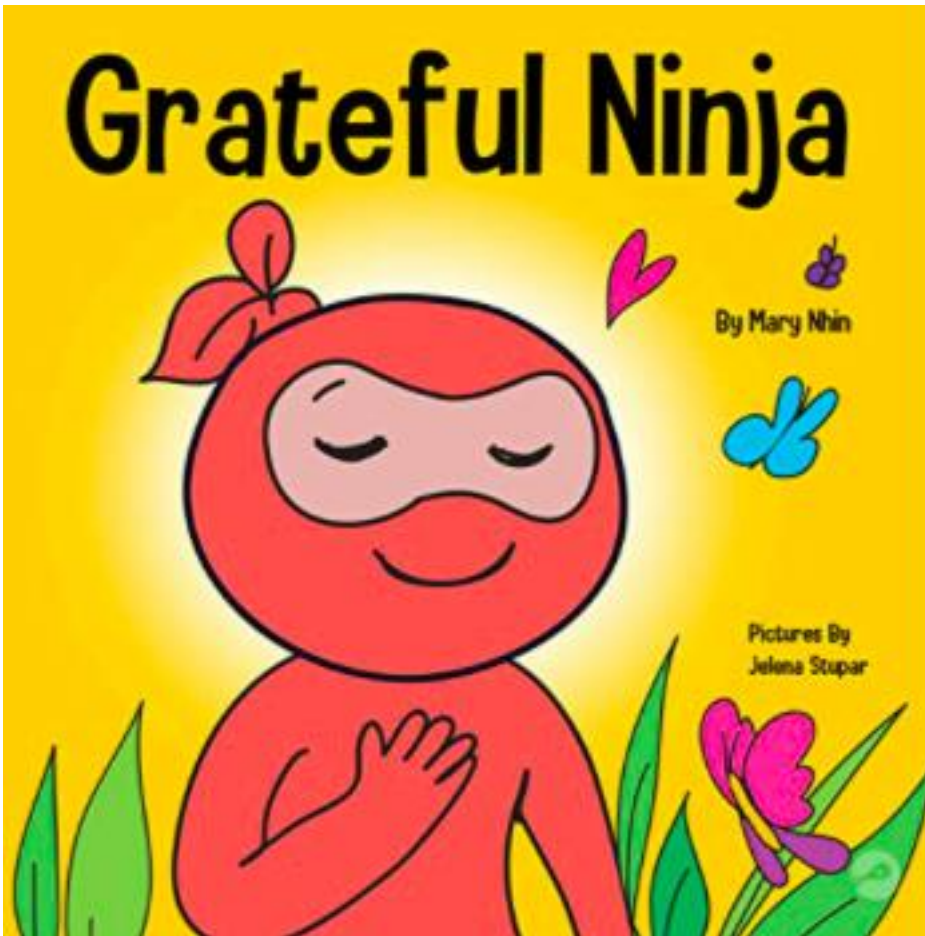


Thank you!

Grateful Ninja

By Mary Nhin

Pictures By
Jelena Stupar



Source:



Betsy Rose

May I be happy

https://www.youtube.com/watch?v=RU_Vj0kytFo