

THERE IS SOMETHING FOR EVERYONE.

FEBRUARY

THEME: MINDFULNESS, GRATITUDE & KINDNESS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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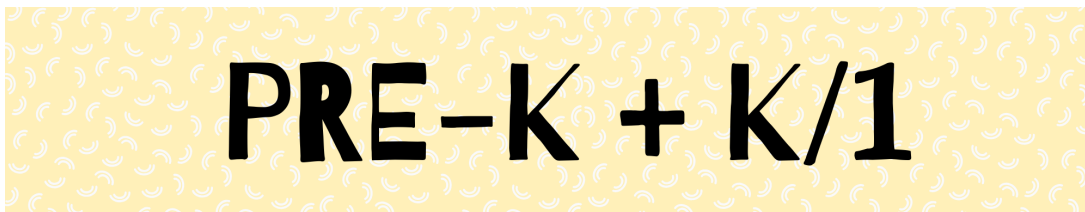
GRATITUDE is the quality of being thankful, the readiness to show appreciation for others and to return kindness. [February Random Acts of Kindness Ideas](#)

Parents looking for a healthy reminder of how grateful you are for your children?

More Information about Random Acts of Kindness

Try Making a Family Gratitude Jar

Check it out



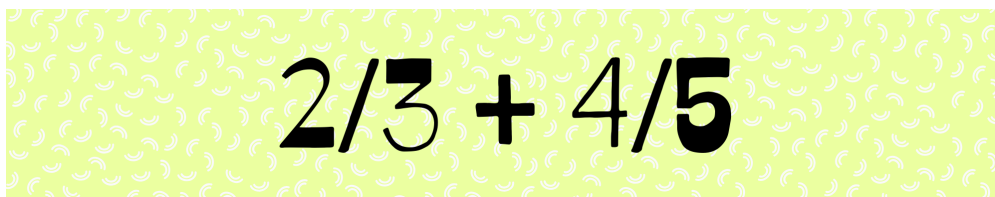
Mrs. Parenti brings you an interactive video on YOUTUBE. Learn how to be mindful of how we interact with our family members and respect their boundaries.

Start a [Gratitude Journal](#).

Take 2 minutes each day to take a mindful moment using 1 of these [12 Bite Sized Mindfulness](#) activities. Add these moments into the morning or night routine or at meal times.

Do a gratitude scavenger hunt as a family.

Kindness activities for home or school.



Get your Mind ready with BRIEF and INSPIRING
videos from Mind Yeti.

Video 1: [What Is Mindfulness?](#)

Video 2: [Hello HubBubbles](#) Listen and learn how to settle the “hub bub” in your brain to strengthen your mind & help you feel calm.

Video 3: [Hello Gratitude: Listen & Say Thank You.](#)

Video 4: [Kid President on Kindness](#)

Start a Gratitude Journal.

Or complete these fun
handouts

I am grateful, I can...
pg 7.

Find the positive in all situations...pg 10.

Write a letter of gratitude...pg 11- 12.

Take 2 minutes each day to take a mindful moment using 1 of these [12 Bite Sized Mindfulness](#) activities. Add these moments into the morning or night routine or at meal times.

Do a gratitude
scavenger
hunt as a
family.

Random acts of Kindness

Practice Random Acts of Kindness

MIDDLE SCHOOL

<p>Watch this fun and interactive video to learn about mindfulness and ways to incorporate it into your life to help you focus on right now and pay attention in a kind way.</p> <p>Video: What does it mean to be kind? Teens speak out.</p>	<p>← Follow up questions from the video:</p> <ol style="list-style-type: none">1. What are things you can do to be nice to yourself, your friends, and family?2. In the video you learned about ways to be mindful in your life. What can you try this week?3. Notice what is happening inside of you and around you this week and if you need a break, take one to practice self-care. What are things you do for self-care? <p>Possible Answers: Listen to music, talk with friends, read</p> <p>TASK: This week “listen with a goal of understanding”. Don’t be so quick to think about what you are going to say back. Notice if this improves your interactions with friends and family.</p>	<p>Start a Gratitude Journal.</p> <p>Random Acts of Kindness.</p> <p>Try some of these ideas</p> <p>!February Random Acts of Kindness Ideas for Middle School Students</p>	<p>Here are some fun printable card templates.</p>
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