



# KIDS BEING KIND MAGAZINE

Mindful Moments ★ You Are Magical ★ Creative Flow ★ Kindness Crusader



Issue No 12

[www.kidsbeingkindmagazine.com](http://www.kidsbeingkindmagazine.com)



# WELCOME

to issue twelve of the Kids Being Kind Magazine!

## INSIDE THIS ISSUE...



### INCLUDING:

Kindness Rampage  
Guidance Cards  
My Emotions Journal  
My Superpowers!

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**'LIFE IS  
WONDERFUL'**

**MONTHLY MANTRA**




**'IF YOU WALK IN  
THE FOOTSTEPS OF A  
STRANGER, YOU'LL LEARN  
THINGS YOU NEVER KNEW  
YOU NEVER KNEW'**

**- POCAHANTAS**




**'WHO SAYS THAT MY  
DREAMS HAVE TO STAY  
MY DREAMS'**

**- ARIEL, LITTLE MERMAID**



**'REMEMBER. YOU'RE THE ONE WHO CAN  
FILL THE WORLD WITH SUNSHINE'**

**- SNOW WHITE**



**'VENTURE OUTSIDE YOUR COMFORT ZONE.  
THE REWARDS ARE WORTH IT'**

**- RAPUNZEL, TANGLED**



**'HAVE COURAGE AND BE KIND'**

**- CINDERELLA**



# PROJECT RAINBOW

You will see lots of people displaying rainbows in their windows at home.  
The rainbows are symbolising hope and joy around the world.

## **LETS CREATE OUR OWN RAINBOW!**

You can decide to display your rainbow in your bedroom as a reminder  
or you can display it for your neighbours to see as they pass!

## **EACH ARCH OF THE RAINBOW REPRESENTS AN EVENT IN YOUR LIFE!**

Choose what colour each word below will be as that will be the colour you  
use for your rainbow arch, then write a time you last felt happy, proud, brave,  
confident, loved and kind!

**HAPPY**

**PROUD**

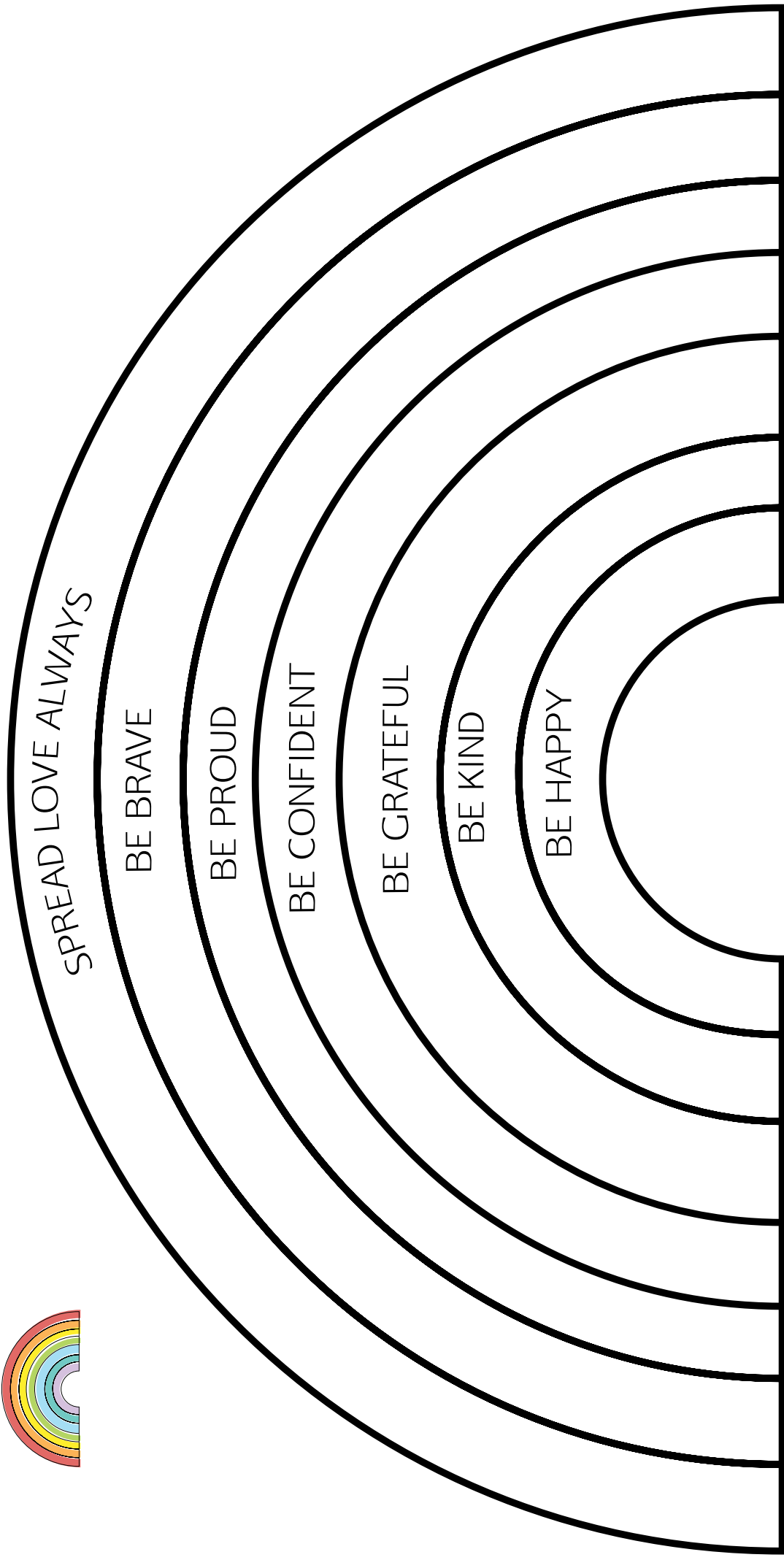
**BRAVE**

**CONFIDENT**

**LOVED**

**KIND**

**COLOUR IN YOUR RAINBOW AND CUT IT OUT**  
**(WITH THE HELP OF YOUR GROWN UP!)**







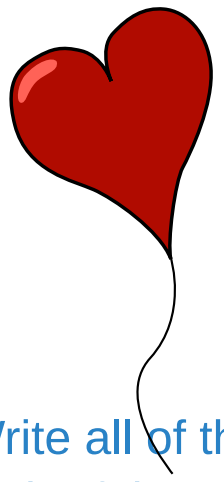
# LET'S GO ON A KINDNESS RAMPAGE!

There are so many ways to show and receive kindness and we are going to brainstorm some ideas!

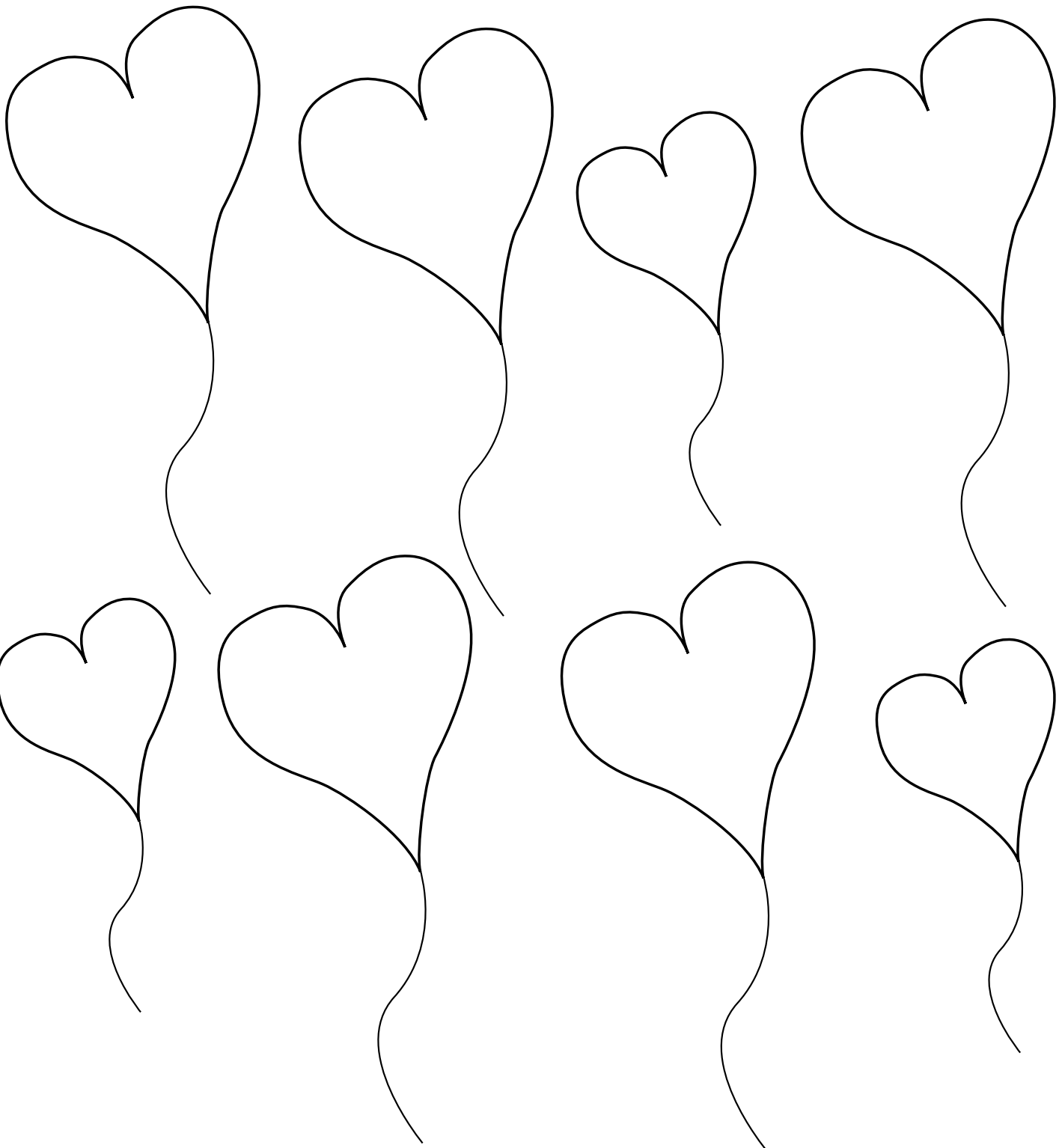
Grab a pen or pencil and write in the box below all of the times when someone has shown kindness to you and when you have shown kindness to others...

**GO!**

# KINDNESS BALLOONS!



Think about the people who make up your family unit. Write all of the things you love and appreciate about them inside each of the kindness balloons below and let the kind thoughts float into the sky spreading kindness to everyone!





# GUIDANCE CARDS!

Sometimes we need a little reminder of our magic!

Choose at random a guidance card the next time you feel a little out of sorts!

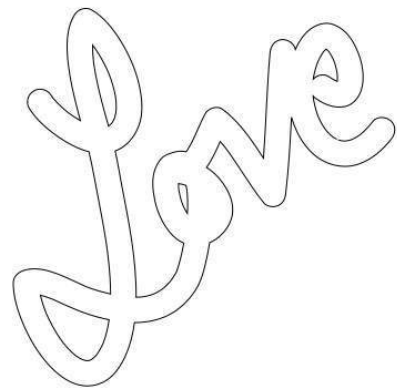
Each card will remind you of your own magic!

I CAN SMILE AND REMEMBER THAT  
HAPPINESS IS ALREADY INSIDE OF ME.



My happy mantra:  
'I remember that being happy is just a thought  
away'

ALL YOU NEED IS LOVE. LOVE IS ALL YOU  
NEED.



My love mantra:  
'I love everything about myself just as I am'

Colour them in and then  
cut them out!  
(with the help of a grown up!)



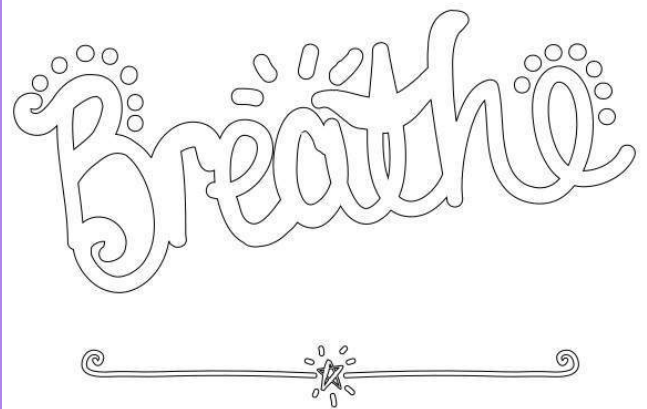
REMEMBER, YOUR CALM SUPERPOWER  
IS ALWAYS SUPPORTING YOU.



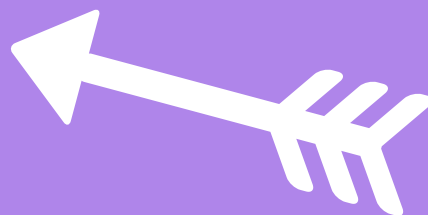
**My calm mantra:**  
'No emotion that I experience is permanent and  
will always pass'



I CAN BREATHE IN COUNTING TO FOUR  
AND BREATHE OUT COUNTING TO FOUR.



**My breathe mantra:**  
'I breathe in love and I breathe out worries'



Have a go at creating your own  
unique guidance card!



## HOW ARE YOU FEELING?

For the next seven days  
use the journal pages to  
write down how  
you have felt that day.  
What you have enjoyed,  
what you have disliked,  
thoughts that popped up  
and new ideas!

### DAY ONE

### DAY TWO

### DAY THREE

DAY FOUR

DAY FIVE

DAY SIX

DAY SEVEN



# MY MEDITATION TRACKER

For the next two weeks try and practise meditation. Ask your grown up to set a timer starting at 2 minutes and add an extra minute on each day - until you get to 14 minutes!

**FIND A COMFORTABLE PLACE TO SIT OR LIE DOWN.  
CLOSE YOUR EYES.  
NOTICE HOW YOU BREATHE IN AND BREATHE OUT.  
THAT'S IT! SIMPLE!**

Track each day you meditate using the below chart.

DAY	HOW MANY MINUTES I MEDITATED

Calm  
Breathe  
Relax



# WHAT IS MEDITATION?

Meditation is simply noticing what is happening right now.

You close your eyes and sit in a comfortable position.

You start by noticing your breathing.

You feel very relaxed.

You switch from having lots  
on your mind to just  
experiencing  
one thought at a time.

You notice how your body  
feels.

It is good to practise  
after learning, when you  
have taken in lots  
of new information.

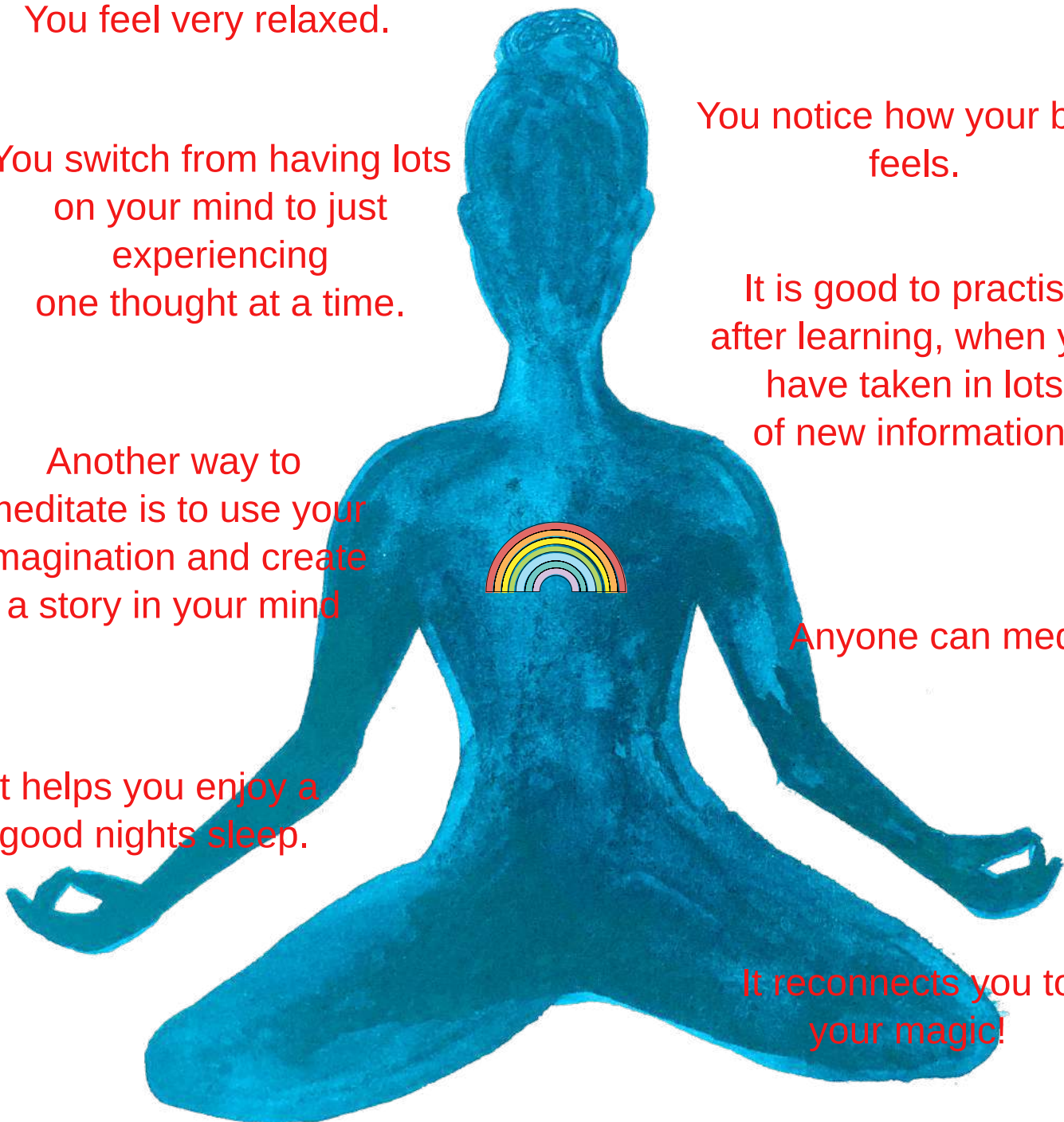
Another way to  
meditate is to use your  
imagination and create  
a story in your mind



Anyone can meditate!

It helps you enjoy a  
good nights sleep.

It reconnects you to  
your magic!



The hunt has begun,  
think like a winner!

Where do you sit  
when you eat your dinner!



Go go go!



Have you looked behind  
the kitchen window?

The next clue is hidden,  
like all the rest!

This time you'll find it  
in the toy chest!



Quick like a fox!

Check in the place  
where you keep your socks!

Keep looking i'm told.

Go to the place where  
you keep your milk cold!

Keep searching to  
find some more!

Have you checked  
behind your bedroom door?



Look up and down,  
search high and low!

Go to the place where  
you like to watch shows!



Your treasure is waiting!  
Let's hunt for a treat!

Where do your shoes go  
when they're not on your feet?

It's time to put your shoes on  
and search for a hidden gem!

This time it's in the garden,  
next to the yellow hen!



Find the next clue under  
the place you sleep!

It will lead you to something  
special that you get to keep!





# Easter

## SCAVENGER HUNT

☐

MINI EGGS

☐

PURPLE EGG

☐

BIG BUNNY

☐

SPOTTY EGG

☐

PINK EGG

☐

YELLOW EGG

☐

GREEN EGG

☐

3 SMALL BUNNIES

☐

YELLOW CHICK

☐

BIRDS NEST

☐

BASKET

☐

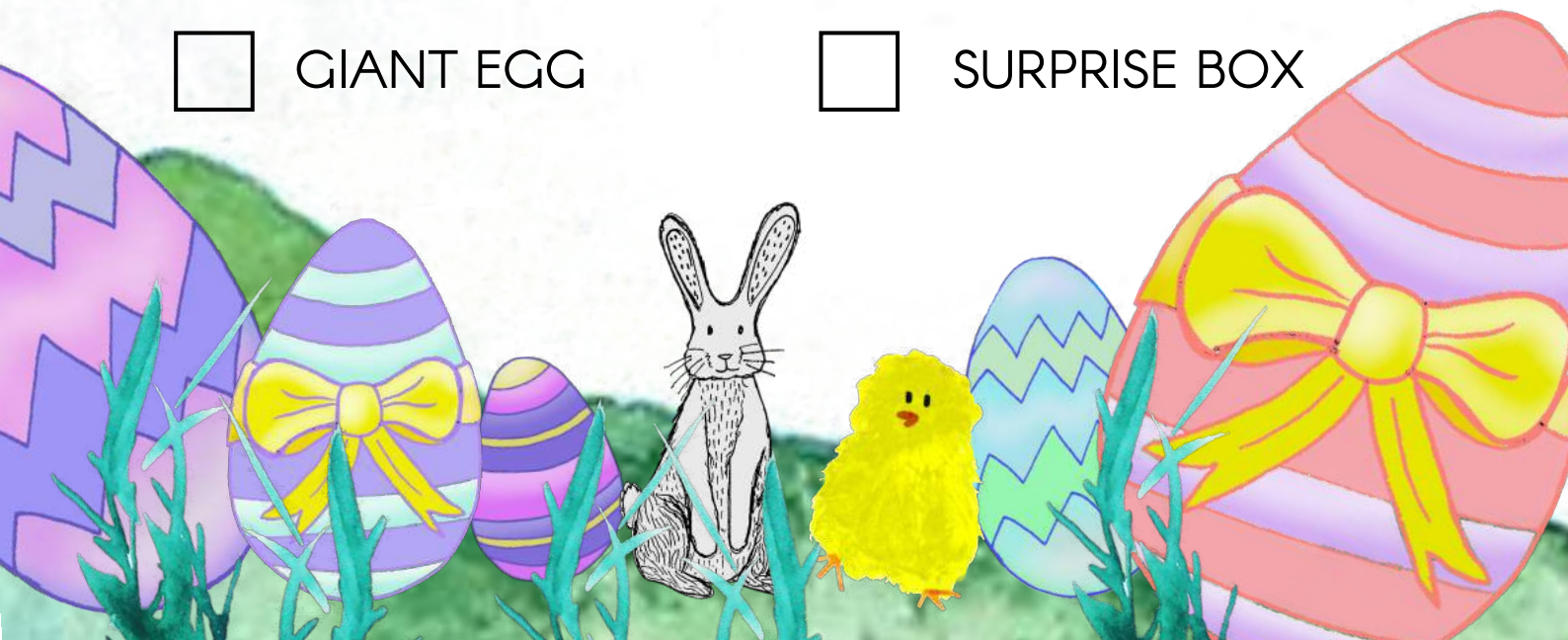
ORANGE EGG

☐

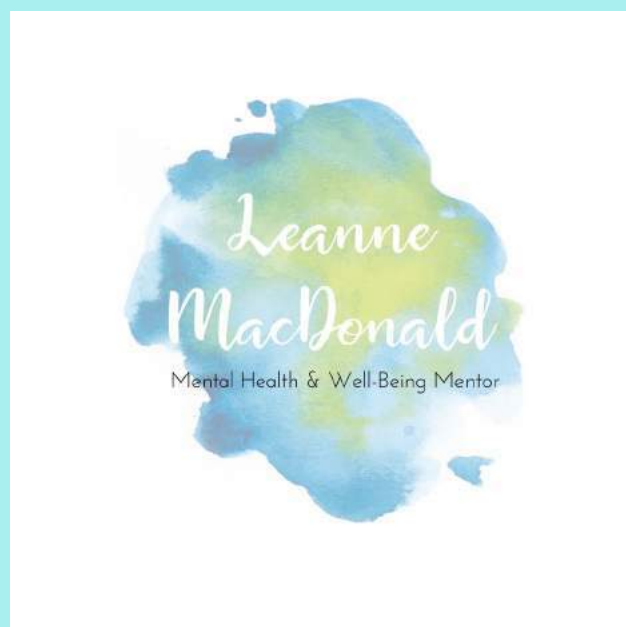
GIANT EGG

☐

SURPRISE BOX



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