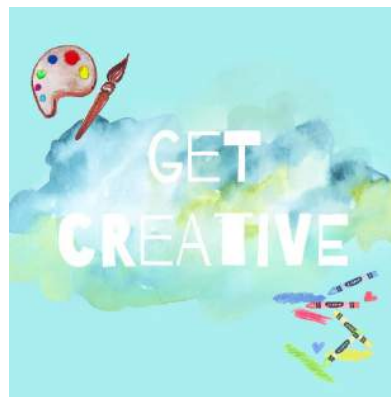


WELCOME

to issue ten of the Kids Being Kind Magazine!

INSIDE THIS ISSUE...



INCLUDING:
GRATITUDE PAPER CHAIN
VISION BOARD
PLANT A SEED
COLOUR ME CALM
AFFIRMATION CARDS

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CONTACT US




@kidsbeingkind

email: leanne@kidsbeingkindmagazine.com




**'WHY FIT IN WHEN
YOU WERE BORN
TO STAND OUT!'**

MONTHLY MANTRA



**'IF YOU DON'T BELIEVE IN
MIRACLES THEN
PERHAPS YOU HAVE
FORGOTTEN YOU ARE
ONE!'**



**'THE DEEPER HER COURAGE
AND CONFIDENCE GREW,
THE HIGHER SHE WENT AND
THE HIGHER SHE FLEW!'**



**'I AM UNIQUE, I AM SPECIAL,
I AM ME!'**

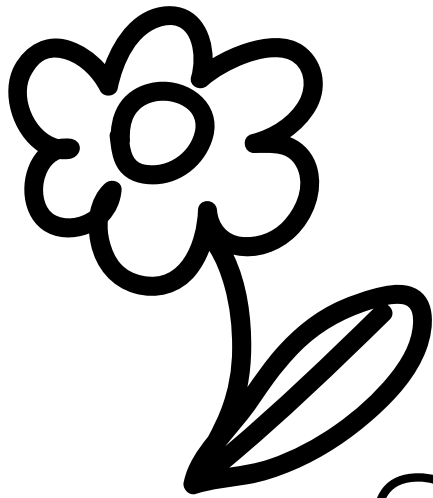


**'TO THE WORLD YOU MAY BE ONE PERSON, BUT TO ONE
PERSON YOU MAY BE THE WORLD!'**

COMPETITION WINNER!

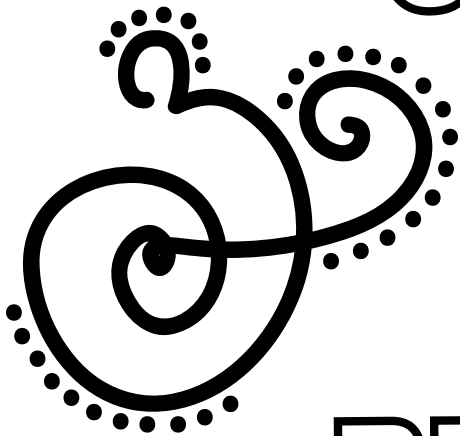
Congratulations to Ollie age 4 who won our joke
competition!

Ollies winning joke,
What did the cheese say when it looked in the mirror?
Halloumi! (Hello me)



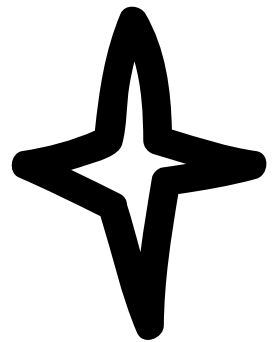
I AM

CALM

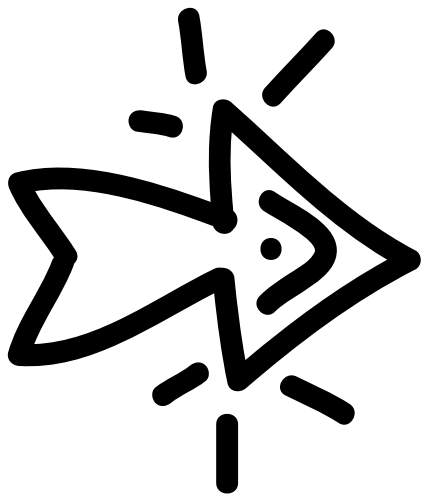


CONFIDENT

RESILIENT



CREATIVE



KIND



GRATITUDE IDEAS!

I AM **SO GRATEFUL FOR**

**TIME WITH MY
FAMILY**

I AM **SO GRATEFUL FOR**

**GIFTS I
RECEIVE**

I AM **SO GRATEFUL FOR**

**CLUBS I
BELONG TO**

I AM **SO GRATEFUL FOR**

FRESH AIR DAYS

I AM **SO GRATEFUL FOR**

**WALKS ON THE
BEACH**

I AM **SO GRATEFUL FOR**

GIGGLING

I AM **SO GRATEFUL FOR**

**WATCHING
MOVIES**

I AM **SO GRATEFUL FOR**

**GOING ON
HOLIDAY**



LET'S MAKE GRATITUDE PAPER CHAINS!



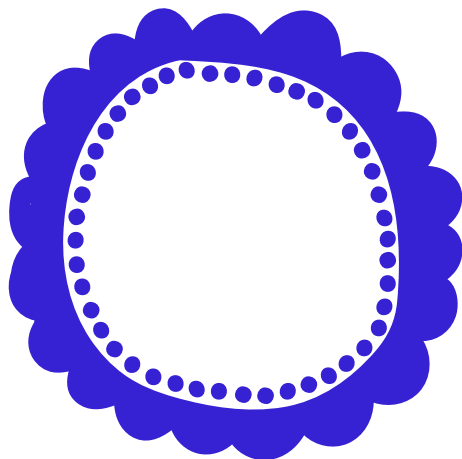
WHAT IS GRATITUDE?

Gratitude is the quality of being thankful for things you have, people you meet, experiences you have!

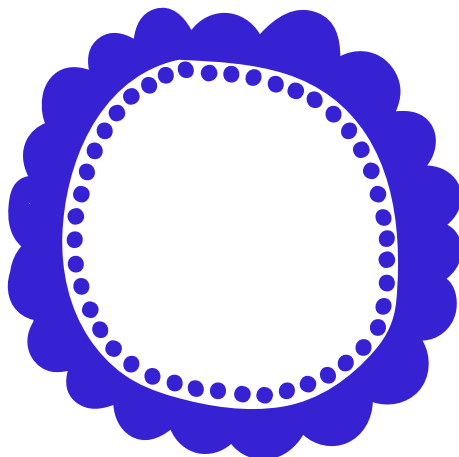
When you think about the things you are grateful for you feel all warm and fuzzy!

WHAT THINGS DO YOU HAVE GRATITUDE FOR?

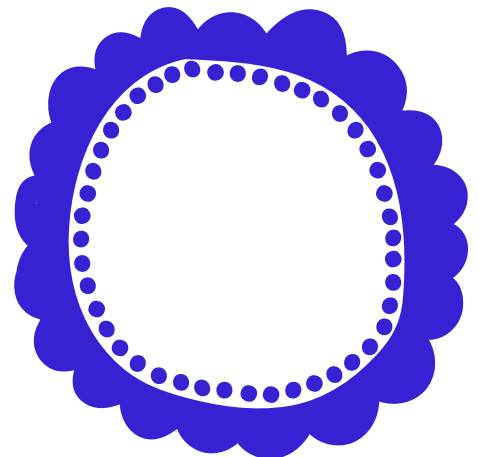
Something I am grateful
for about me?



Something I am grateful
for about my home?



Something I am grateful
for about my family?



How to make gratitude paper chains!

Use the template on the opposite page.

With the help of an adult cut out each paper chain.

Write out something that you are thankful or grateful for.

Form a circle and secure the paper chain link with some tape.

Add as many links as you have things to be grateful for!



I AM **SO THANKFUL FOR**



I AM **SO GRATEFUL FOR**



I AM **SO THANKFUL FOR**



I AM **SO GRATEFUL FOR**



LET'S GET CURIOUS!

What is confidence?

Confidence is a thought, we can either think we can be confident or we can think we cannot be confident....

Someone who thinks that they are confident might put their hand up to answer a question in class or they might run in a race or make new friends in the playground.

★ CONFIDENCE ★

Here is a little secret, we are all confident!
We can all, even you, be confident at any time.

The thought that we have that says 'you are not confident' have never met you, the thought does not know a thing about you or your ability.

When you ignore the thought that says 'you are not confident' guess what?

You become confident!

Can you think of a time when you did not feel confident?

Were you having a thought that said 'i cant do this'?

This week could you try something out, if you have a thought that says 'I cannot do this' could you try and just ignore it and see what happens?

AFFIRMATION CARDS

TO CUT OUT AND KEEP!

I can do
anything I
set my
mind to!

KIDS BEING KIND MAGAZINE 

I am
one of
a
kind!

KIDS BEING KIND MAGAZINE 

I am
always
doing the
best I can

KIDS BEING KIND MAGAZINE 

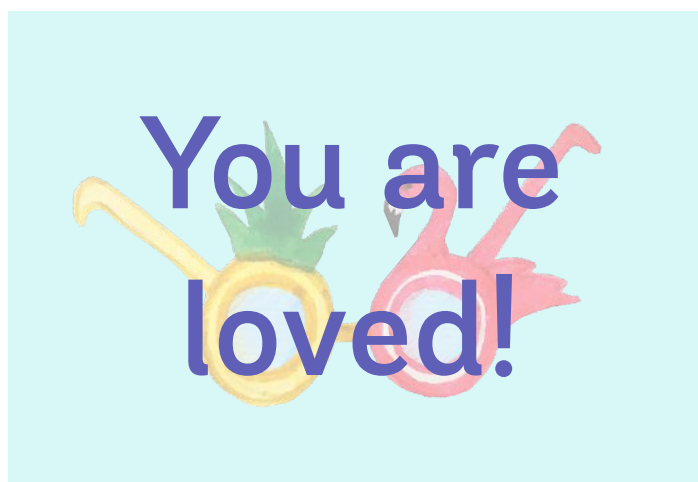
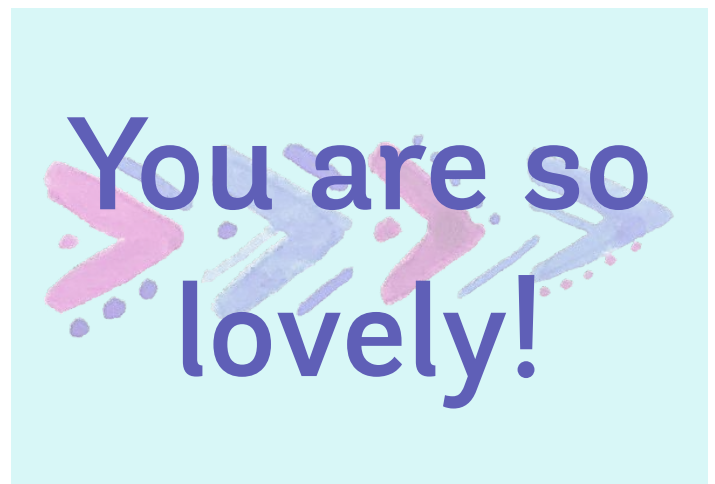
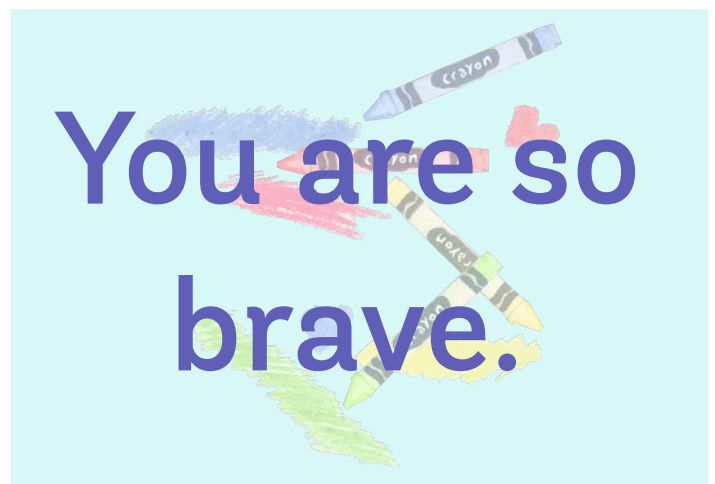
No one
else is
quite like
me!

KIDS BEING KIND MAGAZINE 



CUT OUT THE KINDNESS NOTES AND SURPRISE YOUR FRIENDS AND FAMILY!

(Ask a grown up to help
with the cutting)



**Believe in
yourself!**



**You are an
amazing-
friend!**



**Keep
being you!**



**You are
awesome!**



**You are so
kind!**



**Thank you
for being
you!**



**You make
me
smile!**



**Have a
wonderful
day!**





LETS PLANT A SEED!

What does a flower need to grow?



(plus a few other things!)

If you nurture a seed, plant it in soil, water it, give it plenty of sunlight and warmth then the flower will blossom into something beautiful.

SO WHAT DO YOU NEED TO BLOSSOM AND GROW?

Circle below what you think would help you
to blossom and grow!

**SAYING KIND WORDS
TO MYSELF**

**FOLLOWING MY
HEART**

**BELIEVING IN
MYSELF**

**TRUSTING MY
SUPERPOWERS**


**GETTING A GOOD
NIGHT SLEEP**

WHAT DO YOU NEED TO BLOSSOM AND GROW....

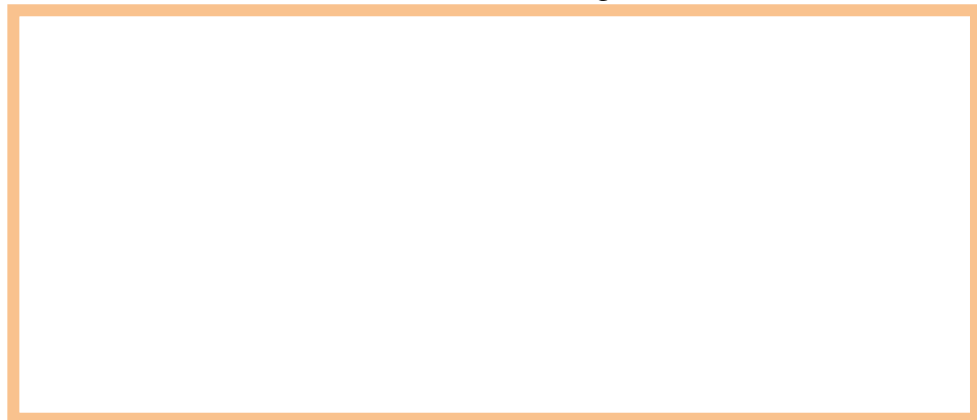
How do I need to take care
of myself?



What do I need to remember about
myself to blossom and grow?



How can my confidence and resilience help me
to blossom and grow?





LET'S MAKE A VISION BOARD!

A vision board is a picture you can create as a reminder of things you would like to achieve or experience!

How to make your vision board:

Think of some things you would like to add to your vision board.

Grab lots of pencils and pens.

Use the vision board template to draw, stick or write out all of your ideas!

Place your vision board somewhere you can see it to be reminded of the things you would like to achieve or experience.

Things you might like to add to your vision board:

Things to learn.

Places to visit.

Food to enjoy.

Sports to try.

Hobbies to try.

Adventures to have.

Brainstorm ideas you would like to include in your vision board:

MY VISION BOARD



happy calm



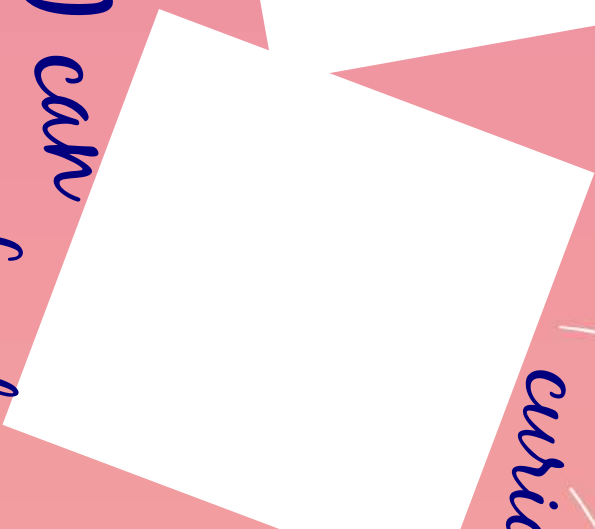
confident grateful



Brave

I can

Loved



curious

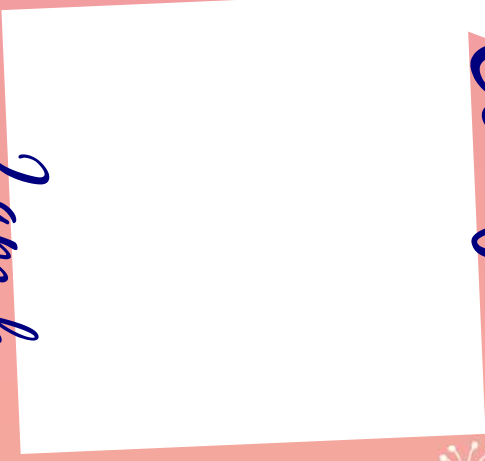
confident



*my dreams
come true*



I am happy





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www.kidsbeingkindmagazine.com
Leanne@kidsbeingkindmagazine.com