



KIDS BEING KIND MAGAZINE

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



Issue No. 11

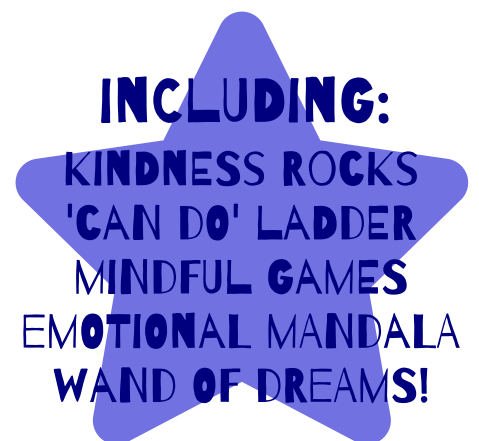
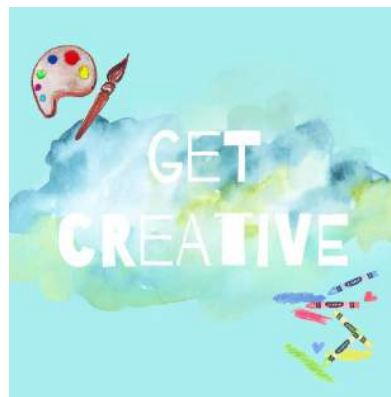
www.kidsbeingkindmagazine.com



WELCOME

to issue eleven of the Kids Being Kind Magazine!

INSIDE THIS ISSUE...



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**'ALWAYS BELIEVE THAT
SOMETHING WONDERFUL
IS ABOUT TO
HAPPEN'**

MONTHLY MANTRA



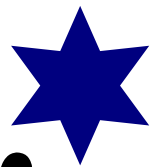
**'ALWAYS
BELIEVE THAT
YOU CAN!'**



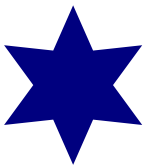
**'NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED'**



**'YOU ARE SOMEBODY'S REASON TO
SMILE'**



**'YOU ARE BRAVER THAN YOU BELIEVE, STRONGER THAN
YOU SEEM AND SMARTER THAN YOU THINK!'**



**'COUNT YOUR RAINBOWS, NOT YOUR
THUNDER STORMS'**



**'START EACH DAY WITH A GRATEFUL
HEART'**



LETS MAKE KINDNESS ROCKS!



WHAT ARE KINDNESS ROCKS?

Kindness rocks are a wonderful way you can spread some love and kindness within your community.

WHY KINDNESS ROCKS?



Children all over the world have been painting kind and inspiring messages onto rocks and hiding them around their community for people to find them.

Finding something that has been painted in pretty colours with a kind message on brings a smile to a person's face!

YOU ARE AWESOME!
BE YOU!

SHINE BRIGHT!

I CHOOSE HAPPINESS

YOU LOOK LOVELY TODAY



MESSAGES
YOU COULD WRITE ON YOUR
KINDNESS ROCKS!



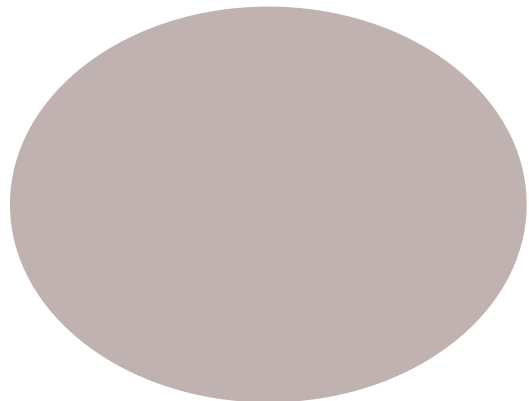
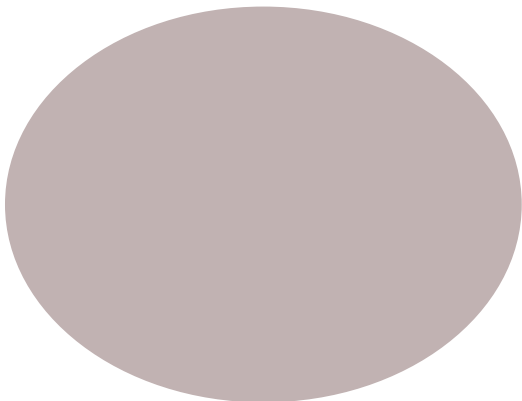
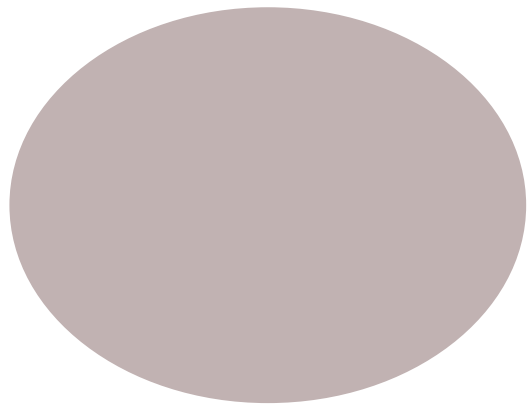
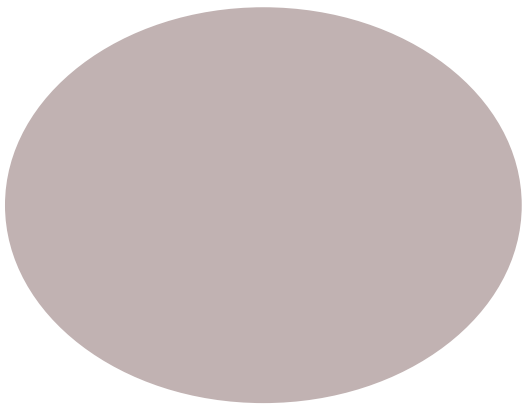
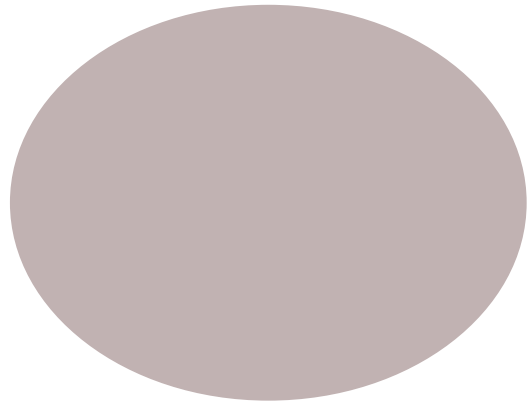
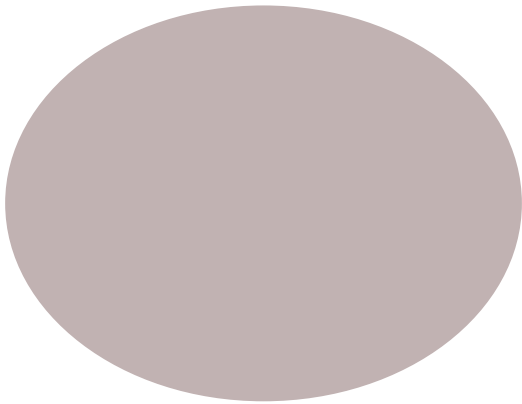
PRACTISE YOUR DESIGNS!

On the page opposite you can practise creating some kindness rock designs before you paint and draw onto your actual rocks!



CREATE YOUR OWN KINDNESS ROCK DESIGNS!

**TRY TO USE NON TOXIC PAINTS AND PENS WHEN YOU CREATE
YOUR ROCKS IN REAL LIFE!**



Now try to paint or draw your designs onto actual rocks and start to hide
them around your community!



YOUR WAND OF DREAMS!

Did you know that when you think about something a feeling always follows?

TRY NOW:

One by one go through the list of words below and see what you think (and then feel) about each word.

DOGS ICE CREAM SPIDERS LETTUCE RAIN

So we are a little bit like magicians!

We are always creating our own experience of dogs, ice cream, friends, lessons, adventures, bed time....

We create our own experience of everything by what we think about it.

ALSO, WHAT WE FOCUS ON BECOMES OUR VIEW OF LIFE. SOMETIMES WE CAN FOCUS ON THINGS THAT CAN FEEL SAD OR WORRYING SO WHAT I WOULD LIKE YOU TO DO IS TO CREATE A WAND OF DREAMS ACTION PLAN!

THINK ABOUT ALL OF THE THINGS YOU WOULD LIKE TO ENJOY OVER THE NEXT FEW WEEKS.

Use the page opposite to write down all of your ideas!

Think about what you would like to enjoy about yourself, your home, your family, your friends, your school, your activity clubs, at weekends....

MY WAND OF DREAMS.....





LETS CREATE AN EMOTIONS MANDALA!

We are going to colour in the mandala on the opposite page
with all of your emotions!

**WE HAVE SO MANY EMOTIONS IN ONE DAY, WE MOVE FROM FEELING
ONE EMOTION TO THE NEXT WITH THE HELP OF OUR SUPERPOWERS!**

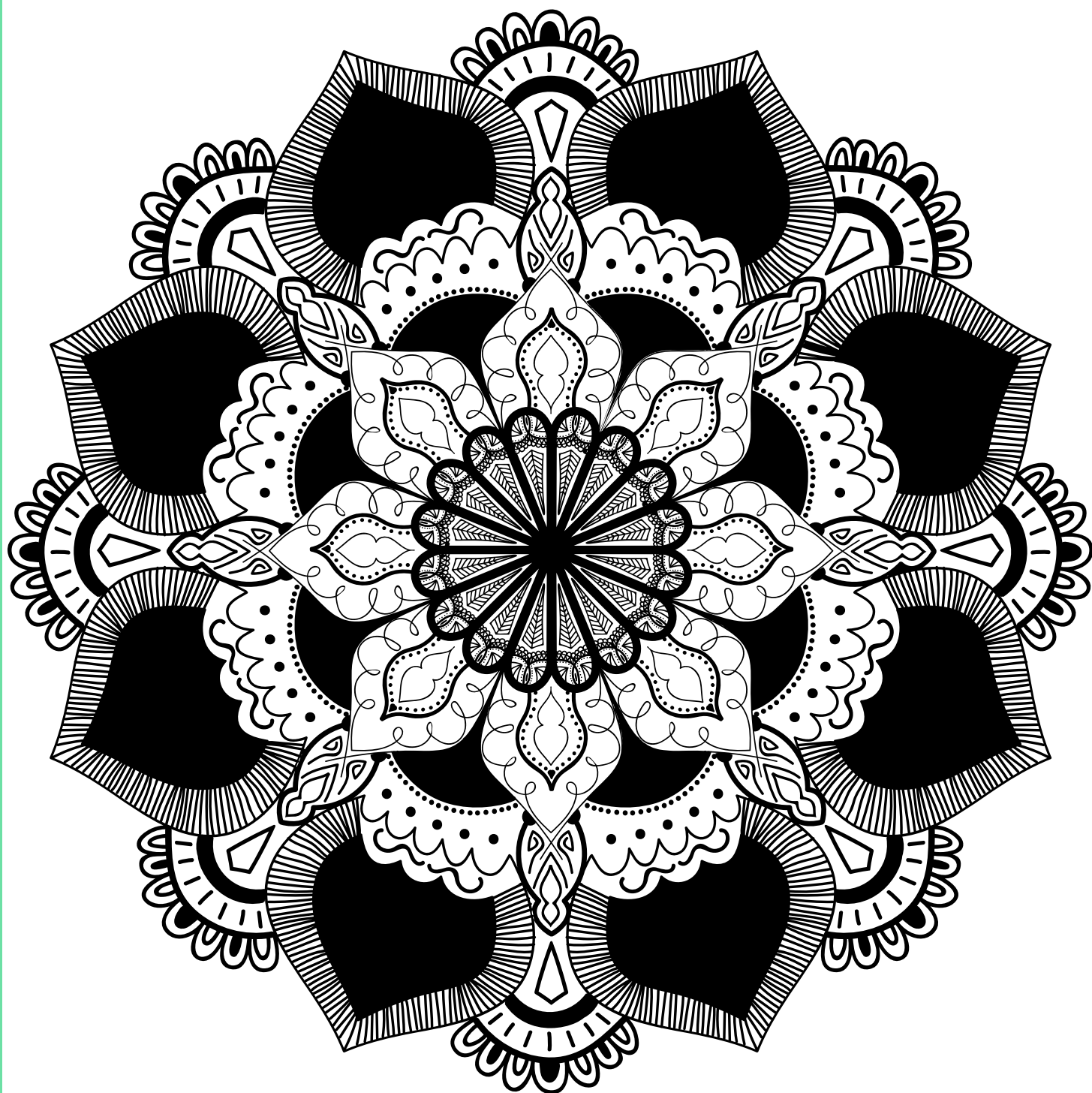
There are lots and lots of ways to feel. There are no good or bad
emotions. We need all of our emotions to we can experience life in
lots of different ways!

**THINK ABOUT ALL OF THE DIFFERENT WAYS THAT YOU HAVE
FELT THIS WEEK, THEN CHOOSE A COLOUR THAT YOU FEEL
SUITS THAT FEELING.**



Now use the mandala on the opposite to colour in with your emotions!
Choose the colours you have selected above and create a beautiful
picture that shows how you can sometimes feel.

MY EMOTIONS MANDALA





LET'S GO ON A MINDFUL SPRING SCAVENGER HUNT!

Tick off each item as you find them.

Spiders web

Daffodils

Lambs

Moss

Dew

Feather

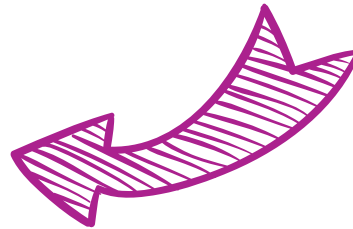
Worm

Dandelion

Rainbow

Bird

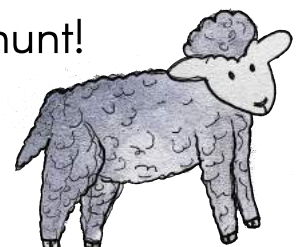
YOUR SCAVENGER LIST!



WHAT IS MINDFUL?

Being mindful is focusing on what you are doing now.

Our minds are very busy processing our thinking, and with every thought we are aware of we have a feeling. That can be quite draining so it is nice to give our minds a rest and fully focus on doing something like a scavenger hunt!





SPRINKLE IMAGINARY GLITTER!

This mindful activity is perfect for spreading
some kind wishes to others!

PLAY THE GAME IN THE CAR:

As a family choose a colour, this will be the colour of cars you need to look out for.

When you see a car that matches your agreed colour you can all shout
'sprinkle imaginary glitter'

When you shout this imagine you are sending kind wishes to the driver and
the passengers of the car.

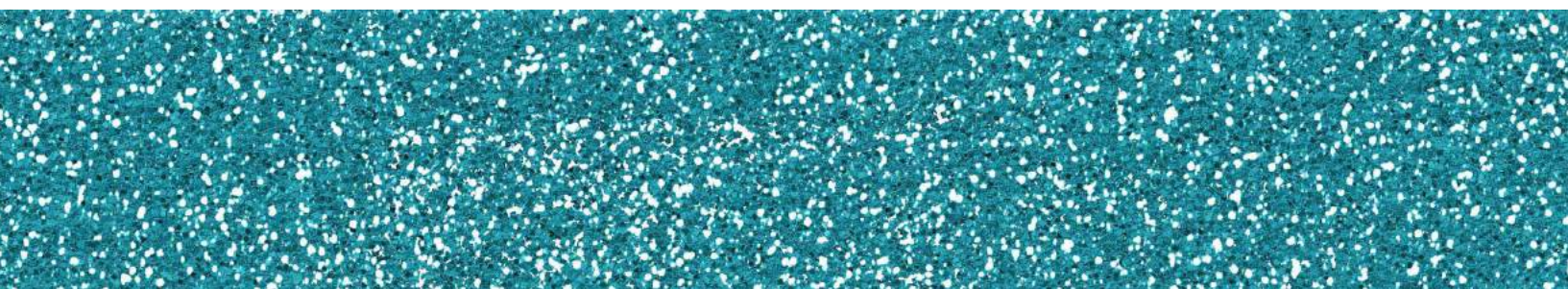
PLAY THE GAME IF YOU ARE OUT AND ABOUT:

You can also play this game as you are walking out and about!

Choose the colour of a persons coat or hair colour and when you see
someone who matches that colour then sprinkle them with imaginary glitter!

PLAY THE GAME BEFORE BED:

Or before you go to bed you can spend a few minutes thinking about which
friends and family you would like to sprinkle with imaginary glitter, sending
then lots of kindness.





LETS GET CURIOUS ABOUT... THOUGHTS!

What if, your thoughts do not know anything about your ability?

What if the thought that tells you that you are no good at maths,
has never met you and has never seen you answer your maths
questions like a whizz!

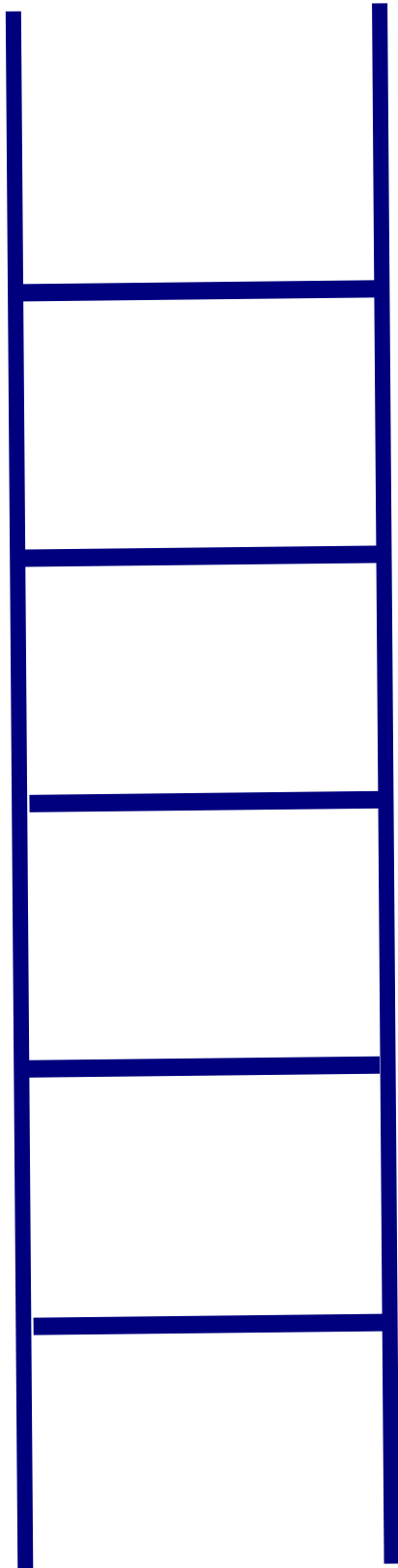
What if the thought that tells you that you are being left out, has
never met your friends so does not know the full situation?

What if the thought that tells you that you cannot do something,
does not know all about how amazing you are?

**WHAT THOUGHTS DO YOU HAVE THAT TELL YOU THAT YOU
CANNOT DO SOMETHING?**

We have between 75-100 thousand thoughts a day, so if that one
thought that tells us we cannot do something is just one of 75-100
thousand, then what if we just ignored it and waited for the next
thought to arrive?

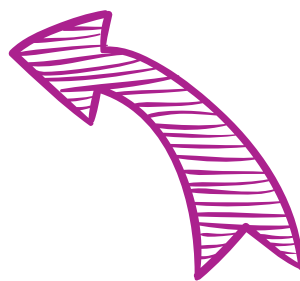
Lets create a CAN DO ladder!



Think about all of the things you 'think' you cannot do and add them to your ladder.

Try and DO one thing each week and see what happens!

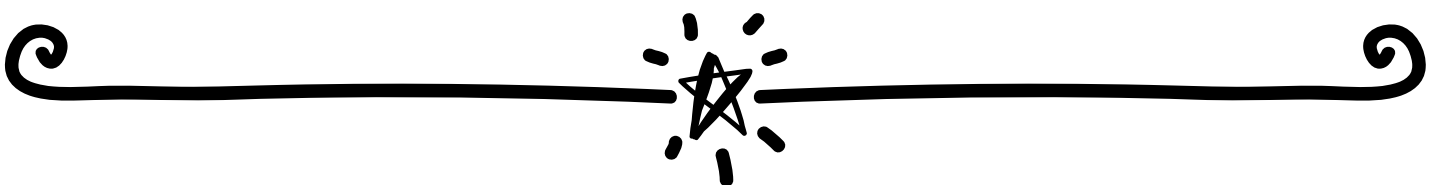
Lets see if your thoughts know about your ability or lets see if you can have a thought but still do it anyway!



MY CAN DO LADDER

**TODAY IS A
GREAT DAY
TO BE**

A WE S O M E



AFFIRMATION CARDS

TO CUT OUT AND KEEP!

I spread
kindness
where
ever I go

KIDS BEING KIND MAGAZINE 

I am
a really
lovely
friend

KIDS BEING KIND MAGAZINE 

I
am
magical

KIDS BEING KIND MAGAZINE 

My
smile
lights up
the room

KIDS BEING KIND MAGAZINE 

