

Encouraging Mindfulness in all you do

K-Kids can learn to be mindful of everything happening around them. Sharing the What K-Kids do handout with club members will help remind them of how they can be present and pay attention with their bodies and senses. When fully present a K-Kid will experience more joyful moments during the day, and he/she will be more aware of situations needing extra care. Ask club members to make a note of the needs they see in the community and school. Encourage them to share their observations with the club so that club members can discuss and plan community service projects to help.