



WELCOME TO PURPOSE & PASSION

Formal and informal development of new skills and interests and seeking out opportunities to grow and learn through impactful experiences

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DISCOVERY DAYS

7 Days of Purpose & Passion Challenges for Young Learners



WELLNESS WISDOM:

These activities are meant to be repeated throughout the month. Repetition leads to the installation of healthy habits and knowledge retention.

DAY 1: DISCOVER A NEW HOBBY

Objective:

Help children explore different activities to find what interests them, fostering a sense of curiosity and passion for learning.

Activity:

Introduce children to a variety of hobbies by setting up different stations with materials and instructions for various activities. Create different hobby stations: a drawing station with paper, crayons, markers, and coloring books; a music station with simple musical instruments like tambourines, maracas, and xylophones; a building station with blocks, LEGO, or other building toys; and a gardening station with small pots, soil, seeds, and watering cans. Allow children to spend 30 minutes exploring the stations, encouraging them to try out each activity. After the exploration time, gather the children for a group discussion about their experiences, encouraging them to share any new skills or interests they discovered.

Healthy Hints:

- "What was your favorite activity today? Why did you like it?"
- "Did you try something new? How did it make you feel?"
- "It's fun to explore different hobbies and find out what we enjoy doing."

Nurturing Next Step(s):

- Plan a show-and-tell session where children can bring in items related to their favorite hobby and share their experiences with the group.
- Identify which hobbies the children showed the most interest in and plan future activities to help them develop those skills.



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DAY 2: NATURE EXPLORER

Objective:

Encourage curiosity and learning about the natural world.

Activity:

Take a nature walk to observe the outdoors. Begin by gathering together and explaining that they will be exploring nature to discover and learn about different plant-life, insects, and wildlife. Provide each child with a small bag for collecting natural items and a notebook or paper for their nature journal. As you walk, prompt the children to look closely at their surroundings and pick up interesting greenery, twigs, pinecones, or rocks. After the walk, sit together and discuss the collected items, encouraging the children to describe their characteristics such as color, texture, and shape. Guide them in creating their nature journal by drawing or writing about their findings, noting what they learned about each item.

Healthy Hints:

- "What new plants or animals did you see today? How do they look and feel?"
- "Why do you think it's important to learn about nature?"
- "What was the most interesting thing you found on our walk?"

Nurturing Next Step(s):

- Plan future nature walks to explore different areas and discover new plants and animals. Encourage children to add to their nature journal with each new walk.
- Use the collected items to create nature art projects, such as leaf rubbings, flower pressing, or rock painting, and display their artwork in a prominent place.



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DAY 3: CREATIVE CRAFT DAY

Objective:

Foster creativity and fine motor skills and take pride in their unique creations.

Activity:

Engage in a crafting project using various materials such as paper, fabric, and recyclable items. Begin by gathering the children and explaining that they will be creating their own unique piece of art or a useful item using a variety of crafting materials. Provide a selection of materials like colored paper, fabric scraps, buttons, cardboard, glue, scissors, and markers. Encourage the children to think creatively and decide what they want to make. Allow them ample time to work on their projects, offering guidance and assistance as needed. Once they have completed their creations, have each child share the story behind their creation, explaining what it is, how they made it, and why they chose to create it.

Healthy Hints:

- "What materials did you use for your project and why?"
- "How did you come up with the idea for your creation?"
- "What was your favorite part about making your art or item?"

Nurturing Next Step(s):

- Create an art gallery display area where children's creations can be showcased for everyone to admire. Rotate the display regularly to feature new projects.
- Introduce themed craft challenges where children have to create something specific, like an animal or a vehicle, using the materials provided. This encourages further creativity and problem-solving.
- Plan regular craft days focusing on different techniques, such as painting, sewing, or sculpting, to help children develop a wide range of creative skills.



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DAY 4: STORYTELLING ADVENTURE

Objective:

Develop language skills, imagination, and build confidence in storytelling and public speaking.

Activity:

Read a book or tell a story and then encourage kids to create their own story. Begin by gathering the children and reading them an engaging book or telling them a captivating story. After the story, explain that they will be creating their own stories. Provide paper, pencils, crayons, and markers for them to write or draw their stories. Give the children time to think about their story ideas and encourage them to be imaginative and creative. Once they have finished writing or drawing their stories, have them take turns presenting their stories to the group. They can either act out their story, using props and costumes if available, or simply read their story aloud. If possible, arrange for the children to present their stories to family members or friends.

Healthy Hints:

- "What was your favorite part of the story we read? Why?"
- "What is your story about? Who are the characters?"
- "How did you come up with the idea for your story?"

Nurturing Next Step(s):

- Collect all the children's stories and create a storybook collection. Each child can contribute their story and illustrations to the book, which can be kept in the classroom or shared with family members.
- Regularly hold storytelling circles where children can share new stories they have created. This encourages continuous creativity and practice in storytelling.
- Organize a small theater play where children can adapt their stories into short performances. This helps in building confidence and further developing their language and presentation skills.



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DAY 5: LITTLE CHEF

Objective:

Teach basic cooking skills, encourage an interest in food preparation, and gain knowledge about nutrition.

Activity:

Involve learners in cooking or baking a simple recipe. Begin by choosing a simple, child-friendly recipe such as fruit salad, smoothies, or mini sandwiches. Gather the children and explain the recipe steps. Assign tasks to each child, such as measuring ingredients, mixing, or assembling the dish. As they work, discuss the different ingredients, where they come from, and their nutritional benefits. Encourage children to taste and explore the ingredients. After the dish is prepared, enjoy it together and talk about the experience.

Healthy Hints:

- "What ingredients did we use today? Where do they come from?"
- "Why are these ingredients good for us?"
- "What was your favorite part of making this recipe?"

Nurturing Next Step(s):

- Create a class recipe book with the simple recipes they have prepared. Each child can contribute a page with drawings and descriptions of the recipes.
- Start a regular cooking club where children can learn new recipes and cooking techniques, fostering a continuous interest in food preparation.
- Integrate brief nutritional lessons into each cooking activity, teaching children about different food groups, vitamins, and healthy eating habits.



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DAY 6: COMMUNITY HELPER

Objective:

Instill values of empathy and community service and develop a sense of responsibility towards helping others.

Activity:

Perform a simple act of kindness or help in the community. Explain the importance of helping others and being kind. Choose a community service activity such as cleaning up a local park, assisting a neighbor with chores, or collecting and donating toys to a shelter. Divide the children into small groups and assign specific tasks. As they work, discuss how their actions are making a positive impact on others and the community. After the activity, gather the children to reflect on their experience and how it made them feel.

Healthy Hints:

- "What kind act did you do today? How did it make you feel?"
- "How do you think our actions helped others?"
- "Why is it important to be kind and help our community?"

Nurturing Next Step(s):

- Create a community service journal where children can document their acts of kindness and reflect on their experiences. Encourage them to add new entries regularly.
- Plan regular kindness projects or community service activities, fostering a continuous habit of helping others and giving back to the community.
- Hold discussion circles where children can share their thoughts and feelings about community service, and brainstorm new ways to help others.



DISCOVERY DAYS

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DAY 7: SKILL BUILDING CHALLENGE

Objective:

Encourage perseverance and the joy of mastering a new skill while developing a growth mindset.

Activity:

Choose a skill to develop, such as tying shoelaces, buttoning or zipping clothing, using scissors or playing a game. Begin by helping each child choose a skill they want to learn or improve. Provide the necessary materials and guidance for practicing the skill. Allow the children to spend dedicated time working on their chosen skill, offering support and encouragement as needed. After the practice session, gather the children to reflect on the progress they made and discuss any challenges they faced. Help them set realistic goals for further improvement and celebrate their achievements.

Healthy Hints:

- "What skill did you choose to practice today? Why?"
- "What steps did you take to improve your skill?"
- "How do you feel about the progress you made? What will you work on next?"

Nurturing Next Step(s):

- Create a progress chart for each child to track their improvement over time. Encourage them to update it regularly and celebrate milestones.
- Organize a skill showcase where children can demonstrate their newly acquired skills to the group or grown-ups, fostering confidence and a sense of accomplishment.
- Hold regular goal-setting sessions where children can choose new skills to develop, set achievable goals, and create action plans to work towards them.



MONTH OF MASTERY

4 weeks of Purpose & Passion Challenges for Grown Ups



WELLNESS WISDOM:

Reflect on what you enjoyed doing most as a child or activities that you wanted to do growing up but didn't have the ability to. Start there when choosing an activity.

WEEK 1: DISCOVER OR REDISCOVER INTERESTS

Overarching Goal:

Explore new interests and rekindle old passions.

Task:

Set aside time each day to try a new activity or revisit an old hobby.

Proactive Process:

1. **Daily Exploration Routine:** Establish a daily routine for exploring new interests or revisiting old hobbies. This could be in the morning, during a lunch break, or in the evening when you have some quiet time.
 - **New Genres:** Spend 30 minutes reading a book from a genre you've never explored before.
 - **New Sports/Fitness:** Try out a new sport or fitness routine, such as yoga, cycling, or a dance class.
 - **Workshops:** Attend a workshop or online class on a topic that interests you.
 - **Creative Pursuits:** Engage in a creative activity like painting, drawing, playing an instrument, or crafting.
2. **During Each Activity, Make a Conscious Effort to:**
 - **Immerse Yourself Fully:** Give your full attention to the activity without multitasking.

Personal Reflection:

- How did exploring new interests or revisiting old hobbies affect your sense of joy and fulfillment? Did you discover any new passions or rekindle old ones?
- Which activities brought you the most joy and why? How can you incorporate these into your regular routine?



MONTH OF MASTERY

4 weeks of Purpose & Passion Challenges for Grown Ups



WELLNESS WISDOM:

Break down the skill into smaller, manageable mini-goals and track your progress. Celebrate small achievements to stay motivated and build momentum.

WEEK 2: SKILL DEVELOPMENT & MASTERY

Overarching Goal:

Focus on developing or improving a specific skill.

Task:

Choose one skill you've always wanted to improve upon. Dedicate time each day to practice and study this skill.

Proactive Process:

1. **Daily Skill Development Routine:** Establish a daily routine for practicing and studying your chosen skill. This could be in the morning, during a lunch break, or in the evening when you can give full attention to the task.
 - **Learning a New Language:** Spend 30 minutes practicing vocabulary, grammar, and conversation using language learning apps or books.
 - **Enhancing Cooking Techniques:** Try a new recipe each day, focusing on different cooking methods such as baking, sautéing, or grilling.
 - **Developing Public Speaking Abilities:** Practice giving short speeches or presentations, recording yourself to review and improve.
 - **Mastering a Software Tool:** Spend time each day learning and practicing different features of the software through tutorials and hands-on projects.

Personal Reflection:

- How did focusing on improving a specific skill affect your sense of accomplishment and confidence?
- Which aspects of the skill did you enjoy the most, and how can you continue to develop this skill in the future?



MONTH OF MASTERY

4 weeks of Purpose & Passion Challenges for Grown Ups



WELLNESS WISDOM:

Think about a community or world issue that affects your mind & heart. Look for initiatives that you could contribute to that would ease your mental & emotional burden.

WEEK 3: COMMUNITY CONTRIBUTION

● Overarching Goal:

Get involved in community activities and contribute positively.

● Task:

Find a way to contribute to your community or a cause you care about. Connect with others to build relationships and understand their perspectives.

● Proactive Process:

1. Take time to find the best fit for you at this life stage
 - **Volunteering at a Local Charity:** Spend time helping out at a local charity, such as serving meals, organizing donations, or assisting with events.
 - **Participating in Community Clean-Up Events:** Join or organize clean-up events in your neighborhood, parks, or beaches, dedicating time to pick up litter and beautify public spaces.
 - **Mentoring Someone:** Offer your time and skills to mentor a child, teenager, or peer, providing guidance, support, and encouragement.
 - **Starting a Community Project:** Identify a need in your community and initiate a project to address it, such as creating a community garden, organizing a food drive, or setting up a local reading program.

● Personal Reflection:

- How did contributing to your community affect your sense of fulfillment and connection?
- Which aspects of community engagement did you find most rewarding, and how can you continue to contribute positively in the future?



MONTH OF MASTERY

4 weeks of Purpose & Passion Challenges for Grown Ups



WELLNESS WISDOM:

Spend time thinking about your core values, strengths, and aspirations, and how they align with your daily actions and long-term goals.

WEEK 4: PERSONAL GROWTH & REFLECTION

● **Overarching Goal:**

Focus on personal growth and self-reflection to foster a deeper sense of self-awareness, purpose, and continuous improvement.

● **Task:**

Spend time each day reflecting on your personal and professional journey. This could involve journaling, meditating, or having in-depth conversations with a mentor or coach. Identify areas of growth, set personal goals, and create an action plan for continuous improvement. Reflect on your values, strengths, and aspirations to align your daily actions with your long-term purpose and passion.

● **Proactive Process:**

1. **Choose Your Method:** Establish a daily routine for when and how you will engage in personal growth and reflection time.
 - **Journaling:** Spend 15-30 minutes writing in a journal about your thoughts, experiences, and feelings.
 - **Meditating:** Practice focusing on your breath and allowing yourself to connect with your inner thoughts and emotions for 10-20 minutes.
 - **Conversations with a Mentor or Coach:** Schedule regular feedback & guidance conversations with a mentor to discuss your progress, challenges, and aspirations.

● **Personal Reflection:**

- How did focusing on personal growth and self-reflection affect your sense of purpose and fulfillment? Where do you want to foster more personal & professional growth?



WONDERWORDS

Why are they such a powerful tool?



At their core, WonderWords (affirmations) are positive statements that help young learners and grown ups overcome negative thoughts.

Repeating them often leads to belief, fostering positive changes. Research highlights numerous benefits for both children and adults:



REWIRES THE BRAIN:

WonderWords reprogram the brain by shifting focus from negative to positive thoughts, similar to exercising a muscle. This strengthens positive thinking and worldview.



DEVELOPS POSITIVE THINKING PATTERNS:

Early use of WonderWords cultivates a lifelong positive mindset.



ENCOURAGES RESILIENCE:

WonderWords foster a positive attitude toward challenges, building resilience against adversity.



IMPROVES MENTAL HEALTH & REDUCES STRESS:

Regular use of positive WonderWords reduce negative thoughts, lowering anxiety and depression, and promoting a more optimistic outlook.



BOOSTS CONFIDENCE & SELF-ESTEEM:

WonderWords reinforce strengths and talents, boosting confidence. For children, affirmations nurture growing self-esteem and confidence.



WONDERWORDS

HOW-TO GUIDE



WonderWords + Movement=Enhanced Effect.

HERE'S WHY:

→ **Increases Engagement:**

Moving while reciting WonderWords enhances engagement and impact.

→ **Deepens the Connection:**

Movement anchors WonderWords in both body and mind, creating a deeper emotional connection.

→ **Boosts Memory and Recall:**

Physical activity improves brain function, enhancing memory and recall of WonderWords.

HERE'S HOW:

→ **Stand Tall:**

Stand like your favorite superhero, feel grounded, and imagine growing tall like a tree.

→ **Say Your WonderWords:**

Think of a positive sentence like "I am brave" or "I am loved." Say these powerful words out loud.

→ **Move Your Body:**

Combine movements like jumping, stretching, or spinning with your WonderWords. Feel the joy of moving and speaking.

→ **Use Your Imagination:**

Close your eyes and visualize being brave or happy. Imagine doing amazing things while saying your WonderWords.

→ **Feel the Moment:**

Place your hand on your heart, take a deep breath, and feel the WonderWords strengthening you. Smile, knowing you have superhero strength inside you.



WONDERWORDS

FOR YOUNG LEARNERS



Powerful Purpose & Passion Affirmations



WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am curious and excited to learn every day.



I am brave and try new activities with confidence.



I am capable of doing anything I set my mind to.



I am creative and enjoy expressing my ideas.



I am dedicated. I practice new skills and am getting better every day.



I am proud of the unique talents I have.



I am patient and keep trying until I succeed.



WONDERWORDS

FOR GROWN-UPS



Powerful Purpose & Passion Affirmations



WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am open to discovering new passions and interests.



I am open to discovering new passions and interests.



I am persistent in pursuing my passions with dedication and enthusiasm



I am joyful in exploring my creative potential.



I am curious and enjoy learning from diverse experiences.



I am a lifelong learner, always seeking knowledge and improvement.



I am excited for what lies ahead on my life journey.



MINDFUL MOMENT

EXPLORING MY INTERESTS



Guided Meditations Crafted for Purpose & Passion



WELLNESS WISDOM:

Mindful Moments are a practice that involves training attention and awareness to achieve a mentally clear and emotionally calm state.

Objective:

Help children relax and open their minds to new interests and passions through a calming and focused meditation.

Duration:

5-10 minutes

Proactive Process:

1. SET UP:

- "Today, we're going to practice a special exercise to help our brains become relaxed and ready to learn. It's called the 'Exploring My Interests' meditation."
- "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable or just look down at the table or floor."

2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale... - Focus on your breath. Feel the air coming in and going out. If any thoughts come to your mind, that's okay. Just gently bring your focus back to your breath."



MINDFUL MOMENT

EXPLORING MY INTERESTS (CONTIN.)



Guided Meditations Crafted for Purpose and Passion

3. BODY RELAXATION:

- "Now, let's relax our bodies. Imagine your toes are getting soft and relaxed. Now your feet, legs, and all the way up to your belly. Feel your body getting lighter and more relaxed."

4. MINDFUL MOMENT:

- "Imagine you are in a beautiful garden filled with colorful flowers, butterflies, and birds singing sweet songs. You feel calm and happy here.
- As you walk through the garden, you notice different areas where you can try new activities. There's a cozy corner for reading, a table with art supplies for drawing and painting, a small kitchen for cooking, and a field where you can run and play.
- You feel excited to explore each of these areas. Imagine yourself trying each activity. See yourself reading a fun book, creating a beautiful piece of art, cooking a delicious meal, and playing games with friends.
- Notice how happy and excited you feel while doing these activities. Each one brings you joy and helps you discover new things about yourself.
- Remember, you can always come back to this garden in your mind whenever you want to explore new interests and passions."

5. CLOSING:

- "When you're ready, slowly wiggle your fingers and toes. Open your eyes and give yourself a big stretch. You did a wonderful job!"



PICTURE PATH

MY DREAM ADVENTURE



Developing Purpose & Passion Through Visualizing



WELLNESS WISDOM:

Picture Paths are a form of guided imagery where children use their imagination to picture a scenario or place that makes them feel safe, happy, or calm.

Objective:

Encourage children to visualize themselves pursuing their passions and exploring new interests through an imaginative and inspiring visualization exercise.

Duration:

5-10 minutes

Instructions:

Follow the scripted Picture Path

1. SET UP:

- "Today, we're going on a special journey in our minds. We're going on your "Dream Adventure."
- "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so."

2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Breathe in... Breathe out... Breathe in... Breathe out... Breathe in... Breathe out..."

3. PICTURE PATHWAY:

- "Imagine you are about to go on a special dream adventure. You have a picture pack backpack that can take you anywhere you want to go."



PICTURE PATH

MY DREAM ADVENTURE (CONTIN.)



Developing Purpose & Passion Through Visualizing

- “You open your backpack and find a map that shows different exciting places where you can try new things and learn new skills. There’s a music island where you can play instruments, an art mountain where you can paint and create, a sports field where you can run and play games, and a science lab where you can do fun experiments.”
- “Choose the place you want to visit first. Imagine yourself arriving there, feeling happy and excited. See yourself trying out the activities and having so much fun”.
- “Picture yourself playing a musical instrument, creating a beautiful piece of art, running and playing games, or doing a cool science experiment. Notice how proud and happy you feel while doing these things.”
- “Your picture pack backpack can take you to as many places as you want. Each place helps you discover new interests and passions.”
- “Remember, you can visit these wondrous places in your mind anytime you want to explore and learn new things.”

4. CLOSING:

- "Slowly wiggle your fingers and toes. Open your eyes and take a deep breath. Remember, you can take a Dream Adventure anytime you want to try out one of your favorite activities!"





MINDFUL MOMENTS VS. PICTURE PATHS



What's the Difference?

Mindful Moments and Picture Paths are both mindfulness practices that benefit children, but they have distinct differences in their approach and focus.

Common Goals

- **Relaxation:** Both practices aim to help children relax and reduce stress.
- **Focus:** They improve attention and concentration by encouraging kids to focus on a specific element (like the breath or an image).
- **Emotional Regulation:** Both can help children manage their emotions better, promoting a sense of calm and stability.
- **Mindfulness:** They encourage present-moment awareness and mindfulness, helping children become more aware of their thoughts and feelings

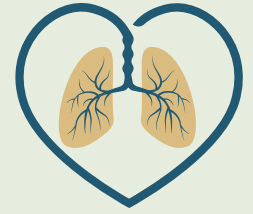
Key differences

- **Focus:** Mindful Moments focus on present-moment awareness and calming the mind, while Picture Paths focus on creating positive mental images and scenarios.
- **Techniques:** Mindful Moments often involve techniques like breath awareness or mindful listening, whereas Picture Paths involve imagining specific scenes or outcomes.
- **Goals:** Mindful Moments aim to achieve mental clarity and emotional calm, while Picture Paths aim to harness the power of imagination to influence emotions and mindset.



BREATHWISE

FOR PURPOSE & PASSION



Objective:

Enhance creative thinking through breath control.

01 BAKER BREATHS

- **Instructions:**

"Let's imagine we are baking delicious bread. Breathe in through your nose, smelling the wonderful ingredients. Breathe out slowly through your mouth, imagine stirring the mixture with a big spoon. Breathe in again as you pretend to put the bread in the oven. Breathe out slowly, as you see the bread is done and ready to share with friends."

02 ARTIST BREATHS

- **Instructions:**

"Let's use our breath to create beautiful art. Breathe in through your nose and imagine you're picking up a paintbrush. As you breathe out through your mouth, picture painting a long, bright, color on a canvas. Take another deep breath in. Then breathe out, imagining you added another color to your masterpiece. Breathe in again, and as you breathe out, imagine how your colors are coming together to create your unique creation."

03 EXPLORER BREATHS

- **Instructions:**

"Let's go on an exciting adventure with our breath. Breathe in through your nose, imagining you are putting on your explorer's hat. As you breathe out slowly through your mouth, you are stepping into a new and exciting place. Take a deep breath in and imagine you're climbing a mountain. As you breathe out, imagine reaching the top and seeing a beautiful view. Breathe in and out as you admire the world around you."

04 MUSIC BREATHS

- **Instructions:**

"Let's use our breath to create beautiful music. Breathe in through your nose, pretending a guitar is coming towards you. As you breathe out slowly through your mouth, imagine grabbing the guitar and strumming the strings. Keep breathing in and out feeling the rhythm and melody of the music."



WELLNESS WISDOM:

Be Consistent: Incorporate breathwork into daily routines, such as during transitions, when starting or ending the day, to make it a habit.



FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING PURPOSE & PASSION



➔ PILOT'S FLIGHT SIMULATION

Activity: Act out flying a plane and exploring different destinations. Begin by creating a "cockpit" using chairs and have the children pretend to be pilots taking off, flying, and landing. Include movements like "checking controls" by stretching arms, "looking out windows" by turning heads, and "walking through the plane" by marching in place. Visit different "destinations" and mimic local activities such as dancing in Brazil and climbing mountains in Nepal.

Learning Integration: Enhances understanding of geography and fosters imagination and physical coordination.

Benefits: Promotes knowledge of different cultures, physical activity, and imaginative play.

➔ ARCHITECT ADVENTURES

Activity: Engage in building and designing structures. Use blocks, pillows, and other safe household or classroom items to create buildings, bridges, and towers. Introduce movement by having children "climb" imaginary scaffolding by mimicking climbing motions with their arms and legs. They can "survey" the area by walking around their creations, and "draw" their designs with large arm movements. Encourage children to use cardboard boxes to construct houses or castles, create tunnels using chairs and blankets, and design elaborate structures with furniture and toys. Integrate natural movement by having children crawl through tunnels, balance on pretend beams, and jump over obstacles they create.

Learning Integration: Enhances spatial awareness, creativity, and problem-solving skills through hands-on architectural exploration.

Benefits: Promotes creativity, physical activity, natural movement, and cognitive development by encouraging children to move their bodies in various ways as they build and interact with their structures.



FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING PURPOSE & PASSION



➔ EXPLORER'S EXPEDITION

Activity: Embark on an adventure to discover new "lands" and "species" outdoors. (If indoors, make modifications.) Create a map with different landmarks to explore, such as a "mountain" (hill), "forest" (group of trees), and "river" (line on the ground). Perform different movements at each landmark, such as climbing the mountain, crawling through the forest, and jumping over the river. Collect natural items like leaves and rocks and discuss what they "discovered."

Learning Integration: Enhances exploration, observation skills, and physical fitness through imaginative play.

Benefits: Promotes curiosity, physical activity, and a connection with nature by encouraging children to explore their environment, engage in various movements, and observe natural items.

➔ GARDENER'S WORKOUT

Activity: Pretend to plant seeds by squatting down, making digging motions, dropping imaginary seeds into the holes, and covering them with soil. Stand up and pretend to water the plants by reaching up and sprinkling water from a pretend watering can, moving around to water each plant. Pretend to pick fruits or vegetables by squatting or bending down, reaching out to "pick" the produce, and carrying the imaginary basket of harvested crops back. Include other tasks like kneeling to pull weeds and standing to make raking motions to gather leaves. To make the activities more tangible, create a small garden space with pots, soil, and real seeds for children to plant and care for, or use a sandbox to simulate gardening activities with toy or child-safe tools.

Learning Integration: Enhances interest in a hobby and physical fitness.

Benefits: Promotes physical activity, an appreciation for nature, and knowledge about plant growth.



HOW-TO POWER TAP GUIDE



➔ WHAT IS POWER TAPPING?

Power Tapping, also known as the Emotional Freedom Technique (EFT), is a self-help method that blends cognitive and exposure therapy techniques with acupressure. By tapping specific points on the face and chest with your fingertips, this practice aims to adjust the body's energy system, providing relief from both psychological and physical symptoms.

➔ WHAT ARE THE BENEFITS OF POWER TAPPING?

- **Stress Reduction:** EFT has been shown to lower stress hormones such as cortisol, leading to significant stress relief.
- **Anxiety and Depression:** It can help manage and often reduce symptoms of anxiety and depression by altering the brain's response to stressors.
- **Improvement in Physical Health:** By reducing stress and emotional distress, EFT can also contribute to better physical health outcomes, such as improved immune system response and lower blood pressure.

➔ LEARN THE POWER TAP POINTS

1. **Eyebrow Point:** Just at the beginning of your eyebrow, near the bridge of your nose.
2. **Side of the Eye:** On the bone at the outer corner of the eye.
3. **Under the Eye:** On the bone under your eye, about an inch below your pupil.
4. **Under the Nose:** Between the bottom of your nose and the top of your upper lip.
5. **Chin Point:** Midway between the bottom of your lower lip and the point of your chin.
6. **Collarbone Point:** Just below the hard edge of your collarbone.
7. **Under the Arm:** About four inches below the armpit, usually at the side of the body.
8. **Top of the Head:** Directly on the crown of your head.



HOW-TO POWER TAP GUIDE

SCRIPTED POWER TAPPING SEQUENCE



STEP 1

Think About Something That's Bothering You

-Maybe you're feeling sad, scared, or have a little pain somewhere.

STEP 2

How Big is Your Bother?

- Is it as big as a mountain or as small as a ant? This helps us measure if the bother gets smaller after we Power Tap.

STEP 3

Power Words

- Say these power words three times while tapping on the side of your hand (like a gentle karate chop): "Even though I am feeling _____, I am moving through my feelings now!"

STEP 4

Power Tapping Adventure

- Now, let's go on a power tapping adventure! You can tap lightly with your fingers, like raindrops, on these power spots while saying the Power Words in the chosen Session 1, 2, or 3.

STEP 5

How Big is the Bother Now?

-Think about you feel now. Did the bother get smaller? Is it as tiny as an ant now, or maybe it's gone!

STEP 6

Try Again if You Need

-If you still feel a bit bothered, we can think about it a little more and see if there's another reason it's sticking around. Sometimes bothers need more time to float away. We can do our Power Tapping adventure again and try again!



POWER TAPS

FOR RELEASING EMOTIONAL STRESS WITH PURPOSE
& PASSION



Objective:

To promote cognitive growth & boost confidence.

Power Starter-(Side of Hand):

Even though I am feeling____, "I _____"

01 I AM EXPLORING NEW INTERESTS

Power Tap Sequence:

1. Eyebrow: "I can be curious about new activities."
2. Side of Eye: "It's okay to try and learn something new."
3. Under Eye: "I enjoy finding new hobbies."
4. Under Nose: "I am brave and curious."
5. Chin: "I can find things I love to do."
6. Collarbone: "I am open to new experiences."
7. Under Arm: "It's fun to discover new interests."
8. Top of Head: "I am excited about trying new activities."



POWER TAPS

FOR RELEASING EMOTIONAL STRESS WITH PURPOSE
AND PASSION (CONTIN.)



02 I CAN OVERCOME FEAR

Power Tap Sequence:

1. Eyebrow: "It's okay to feel a little scared."
2. Side of Eye: "I can try new things even if I'm nervous."
3. Under Eye: "I am safe and supported."
4. Under Nose: "I can take small steps to try new things."
5. Chin: "I am brave and curious."
6. Collarbone: "I can explore at my own pace."
7. Under Arm: "I feel safe and excited."
8. Top of Head: "I am ready to try new things."

03 I FIND JOY IN NEW ACTIVITIES

Power Tap Sequence:

1. Eyebrow: "I find joy in trying new things."
2. Side of Eye: "It's fun to discover what I like."
3. Under Eye: "I enjoy learning and playing."
4. Under Nose: "I am happy when I explore new activities."
5. Chin: "I am curious and adventurous."
6. Collarbone: "I love finding new hobbies."
7. Under Arm: "I feel joy in learning."
8. Top of Head: "I am excited to explore my passions."

WANT TO LEARN MORE ABOUT POWER TAPPING? CHECK OUT THE
"HOW-TO POWER TAP GUIDE" INCLUDED IN YOUR PACKET



FOCUS FOODS

PURPOSE & PASSION FOOD EXPERIENCE



RECIPE CREATION CHALLENGE

Objective:

Foster creativity and problem-solving

Materials:

Basic ingredients like fruits, vegetables, grains, and spices.

Activity:

Step 1: Provide children with a variety of basic ingredients.

Step 2: Encourage children to create their own unique recipe using the provided ingredients.

Step 3: Have them present their dish before tasting, explaining the ingredients and how they prepared it.

Discussion:

Talk about how experimenting with different foods can lead to discovering new and healthy dishes.

FLAVOR ADVENTURE MAP

Objective:

Enhance knowledge of global cuisines and develop mapping skills

Materials:

World map, pictures of various foods from around the world, and basic ingredients like spices, grains, fruits, and vegetables.

Activity:

Step 1: Provide children with a world map and pictures of various foods from different countries.

Step 2: Ask the children to choose a country and find it on the map. Discuss the country's culinary traditions and staple ingredients.

Step 3: Using the provided basic ingredients, encourage children to create a simple dish inspired by the chosen country's cuisine. Then, taste test!

Discussion:

Talk about the different countries and their unique culinary traditions.



FOCUS FOODS

PURPOSE AND PASSION FOOD-FREE EXPERIENCE



FOOD FUN FACTS EXPLORATION

Objective:

Enhance knowledge about nutrition, fostering curiosity and a passion for learning.

Materials:

Pictures of various foods

Activity:

Step 1: Provide children with pictures of various foods and ask them to choose a few they like.

Step 2: Share fun facts about the foods, such as:
eating carrots can make you see like a superhero at night, eating broccoli can make your muscles grow like a giant, eating apples can make your teeth strong like a lion's, avocados are fruits that build your brain and help you stay smart!

Discussion:

Encourage children to think about other foods they might want to learn more about.



FOCUS FOODS

PURPOSE AND PASSION FOOD-FREE EXPERIENCE



CREATE YOUR OWN RESTAURANT MENU

Objective:

Encourage creativity and understanding of healthy meal planning, fostering an interest in culinary arts and nutrition.

Materials:

Paper and coloring materials.

Activity:

Step 1: Ask children to imagine they are opening their own restaurant and need to create a menu.

Step 2: Provide paper and crayons for them to design their menu and decorate them with drawings of the dishes. *Adult help: write the words

Step 3: Help them think about a healthy option for each category (appetizer, entree, side, and dessert) and about including different food groups.

Discussion:

Encourage children to share why they chose certain foods.



PEACEFUL PAUSE

RESTORATIVE REST FOR PURPOSE & PASSION



Objective:

Enhance focus and relaxation through listening and responding.

01 ONE THING

Duration:

3-5 minutes

Activity:

Step 1: Ask children to close their eyes and take a few deep breaths together.

Step 2: Guide them through a short reflection: "Think about one thing you learned today or something new you tried. How did it make you feel?"

Step 3: Lead them in repeating positive affirmations: "I am curious and love to learn new things. I am calm and peaceful. I am excited to discover my passions."

Step 4: Repeat the affirmations a few times in a gentle voice as the children internalize the positive messages.

02 SENSORY BOTTLES

Duration:

5-15 minutes

Prep: Create sensory bottles by filling clear plastic bottles with water, glitter, food coloring, and small beads. Secure the lids with superglue to prevent spills.

Activity:

Step 1: Give each child a sensory bottle. Show them how to shake it gently.

Step 2: Have the children sit or lie down comfortably and watch the movement inside the bottles.

Step 3: Encourage them to take deep breaths and focus on the swirling glitter and beads as they settle.



WELLNESS WISDOM:

We all need moments of rest in the day. Young Learners need our support in gearing down from a more active to a more restful state. That's why we've included Peaceful Pauses!



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