



WELCOME TO RELATIONSHIPS

Creating conditions in which healthy relationships are formed and maintained through shared experiences and meaningful verbal and nonverbal communication.

DISCOVERY DAYS

7 Days of Relationship Building 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: PUZZLE POWER

Objective:

Encourage children to practice positive verbal communication and recognize the good in others, fostering a supportive and kind community.

Activity:

Arrange the children in a circle, ensuring everyone can see each other. Explain the importance of giving compliments and how they can make others feel good. Discuss what a genuine compliment is—something specific and kind about the person. The first child turns to the person next to them and gives a genuine compliment (e.g., "I like how you always share your toys" or "You have a really nice smile"). The next child then gives a compliment to the person next to them, continuing around the circle until everyone has given and received a compliment.

Healthy Hints:

- "What is something nice you noticed about your friend today? Let's share it with them."
- "How did it feel when they said something kind to you?"
- "Compliments can be about anything you like about the person—maybe they are really good at drawing or always make you laugh."

Nurturing Next Step(s):

- Create a visual representation of the compliments by writing each compliment on a strip of colorful paper. Link the strips together to form a "Compliment Chain" that can be displayed. This serves as a reminder of the positive things shared and can grow longer as more compliments are added throughout the weeks.



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DAY 2: TEAMWORK TASK

Objective:

To encourage cooperation, teamwork, and problem-solving skills.

Activity:

Divide the children into small groups and give them a simple task to complete together, such as building a tower with blocks or creating a group drawing. Explain the importance of working together and sharing ideas to achieve a common goal. Provide the materials needed for the task and encourage the children to communicate and collaborate throughout the activity. Walk around and offer support as needed, reminding them to listen to each other and share responsibilities. Once the tasks are completed, gather everyone to share their creations and discuss what they enjoyed about working together and any challenges they faced.

Healthy Hints:

- "How can you work together to make your tower taller?"
- "What ideas do each of you have for the group drawing?"
- "Remember to listen to your teammates and take turns with the materials."

Nurturing Next Step(s):

- Display the completed group projects in a designated area to celebrate their collaborative efforts and creativity.
- Have a follow-up discussion where each group shares what they learned about teamwork and how they handled any conflicts or challenges.
- Introduce more complex teamwork tasks over time, such as planning a small event or creating a class garden, to further develop their cooperative skills and strengthen their relationships.



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DAY 3: EMOTION SHARING

Objective:

To build emotional intelligence and understanding of each other's feelings.

Activity:

Use emotion cards or pictures of faces showing different emotions. Gather in a circle and spread the emotion cards out in the center. Each person picks a card that represents how they feel or have felt recently. One by one, they share a time when they felt that way, describing the situation and their feelings. Encourage the others to listen quietly and show empathy by nodding or giving supportive comments. After each person has shared, discuss the different emotions and how common it is to feel a wide range of emotions. Emphasize the importance of recognizing and understanding each other's feelings.

Healthy Hints:

- "How did it feel when you were happy? What made you feel that way?"
- "Can you remember a time when you felt sad? What helped you feel better?"
- "What can we do to support our friends when they feel angry or scared?"

Nurturing Next Step(s):

- Provide each child with a journal to draw or write about their emotions daily. Encourage them to reflect on what caused those emotions and how they responded.
- Create an emotion chart where children can place their name or a marker on the emotion they are feeling each day. This helps to normalize a range of emotions and promotes discussion.
- Expand the activity by incorporating role-playing scenarios where children act out different emotions and practice responses that show empathy and support.



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DAY 4: NON-VERBAL COMMUNICATION

Objective:

To improve non-verbal communication and understand the importance of body language and facial expressions.

Activity:

Play a game of charades where children have to act out activities or emotions without using words. Divide the children into two teams. One child from each team takes turns drawing a card with an activity or emotion written on it. They must act out what is on the card using only body language and facial expressions while their team tries to guess. Set a time limit for each round. After several rounds, gather the children to discuss how they used their bodies and faces to communicate without speaking and how they interpreted others' non-verbal cues. Highlight the importance of paying attention to these cues in everyday interactions.

Healthy Hints:

- "How did you show the emotion of happiness without using words?"
- "What body movements did you use to act out swimming?"
- "What helped you understand what your friend was acting out?"

Nurturing Next Step(s):

- Expand the activity by having children create a short skit or story that they perform entirely through non-verbal communication. This can be done in pairs or small groups.
- Encourage children to observe and discuss non-verbal communication in everyday situations, such as how someone's body language shows they are happy, sad, or angry.
- Pair children and have them mirror each other's facial expressions and body language to better understand and empathize with different emotions.



DISCOVERY DAYS

7 Days of Relationship Building Challenges for Young Learners



DAY 5: STORYTIME SWAP

Objective:

To develop active listening skills and share personal experiences to build connections.

Activity:

Pair up the children and have them take turns telling each other a short story from their lives. Begin by explaining the importance of listening carefully and not interrupting while someone else is speaking. Each child gets a few minutes to tell their story while their partner listens attentively. After the first child finishes, the partner retells the story to the group or another pair to ensure they were actively listening and understood the details. Then, they switch roles. After both children have shared and retold, gather everyone to discuss what they learned about their partners and how listening made them feel more connected.

Healthy Hints:

- "Can you remember a time when you had a lot of fun? Share that story with your partner."
- "How did it feel to listen to your friend's story and then retell it?"
- "What did you learn about your partner that you didn't know before?"

Nurturing Next Step(s):

- Expand the activity by forming a larger circle where each child shares their partner's story with the group, fostering a sense of community and shared experiences.
- Incorporate regular listening exercises, such as having children practice summarizing what they heard or asking follow-up questions to show they were paying attention.
- Create a scrapbook where each child contributes a drawing or written version of their shared stories, building a collective memory bank of personal experiences and connections.



DISCOVERY DAYS

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DAY 6: KINDNESS DAY

Objective:

To promote acts of kindness and understand the impact of positive actions on relationships.

Activity:

Each child receives a "kindness mission" to perform a specific act of kindness for another child or grown-up. Examples of missions include helping clean up, sharing a toy, or saying something nice. Start by discussing what kindness means and why it is important. Hand out mission cards with different acts of kindness written on them. Throughout the day, encourage the children to complete their missions and observe the reactions of those they help. At the end of the day, gather everyone to share their experiences, how it felt to perform the act of kindness, and how the recipient reacted. Discuss how these small acts can positively impact relationships and create a more caring community.

Healthy Hints:

- "What kind act did you do today, and how did it make you feel?"
- "How did your friend or grown-up react to your kindness mission?"
- "Why is it important to be kind to others every day?"

Nurturing Next Step(s):

- Make kindness missions a regular activity by assigning new missions each week, encouraging ongoing acts of kindness.
- Provide each child with a kindness journal to document their acts of kindness and reflect on the positive effects these actions have on their relationships and the community.



DISCOVERY DAYS

7 Days of Relationship Building Challenges for Young Learners



DAY 7: SHARED PLAY

Objective:

To practice patience, turn taking, & collaborative play.

Activity:

Organize a group activity that requires taking turns, such as a board game or a group art project. Begin by explaining the importance of taking turns and working together. Divide the children into small groups and provide the materials needed for the activity. Encourage them to communicate and take turns during the game or project. Walk around to offer support and remind them of the importance of patience and collaboration. Once the activity is completed, gather everyone to discuss their experience, focusing on what they enjoyed about working together and any challenges they faced. Highlight the skills they practiced and how these skills help build stronger relationships.

Healthy Hints:

- "How did you make sure everyone had a turn during the game?"
- "What did you enjoy most about working on the art project with your friends?"
- "Why is it important to take turns when playing together?"

Nurturing Next Step(s):

- Expand the activity by rotating roles in group activities, giving each child the opportunity to lead and support in different ways.
- Introduce more complex collaborative projects over time, such as building a large model or creating a mural, to further develop their teamwork skills.



MONTH OF MASTERY

4 weeks of Relationship Building Challenges for Grown Ups



WELLNESS WISDOM:

The learner's growth is highly dependent on the adult's willingness to grow and stretch themselves. Month of Mastery is adult focused action-oriented themes for that very reason.

WEEK 1: ACTIVE LISTENING

● **Overarching Goal:**

Improve understanding and strengthen connections through effective listening.

● **Task:**

Dedicate time each day to practice active listening with your family, friends, or colleagues. Focus on truly hearing what the other person is saying without interrupting and respond thoughtfully.

● **Proactive Process:**

1. Set Up Your Listening Environment:

Prepare yourself mentally by taking a few deep breaths and clearing your mind of other thoughts before starting a conversation.

2. Daily Active Listening Routine:

Establish a daily routine for practicing active listening. This could be during a meal, a scheduled meeting, or a dedicated time with a loved one.

3. During each conversation, make a conscious effort to:

Maintain eye contact and nod to show you are engaged.

Avoid interrupting and let the speaker finish their thoughts, reflecting back what you heard by summarizing or paraphrasing their points.

Ask open-ended questions to encourage deeper discussion

● **Personal Reflection:**

- How did focusing on active listening affect your interactions and relationships? Did you notice any changes in the way others responded to you?
- What challenges did you encounter while trying to listen actively, and how did you overcome them?



MONTH OF MASTERY

4 weeks of Relationship Building Challenges for Grown Ups



WEEK 2: SHARED EXPERIENCE

● Overarching Goal:

Build stronger bonds through meaningful and enjoyable shared experiences.

● Task:

Plan and participate in a shared activity with someone important in your life, such as cooking a meal together, going for a walk, or working on a project.

● Proactive Process:

1. Choose a shared activity that both you and the other person enjoy or are interested in trying. This could be cooking a meal, going for a walk, working on a project, or any other activity that allows for quality time together. Schedule a specific time for the activity to ensure that both of you are fully available and can participate without distractions.
2. Establish a daily or weekly routine for engaging in shared experiences. This could be a daily walk after dinner, a weekly cooking session, or a regular project work session.
3. During each activity, focus on:
 - Being fully present and engaged in the moment.
 - Encouraging open and meaningful conversation.
 - Sharing responsibilities and working together towards a common goal.
 - Reflecting on the experience and expressing appreciation for the time spent together.

● Personal Reflection:

- How did participating in shared activities affect your relationship? Did you notice any changes in your connection or communication with the other person?
- What moments during the activity stood out as particularly meaningful or enjoyable?
- How can you continue to incorporate shared experiences into your routine to strengthen your relationships and create lasting memories?



MONTH OF MASTERY

4 weeks of Relationship Building Challenges for Grown Ups



WEEK 3: EXPRESS GRATITUDE

● Overarching Goal:

Foster a positive environment and reinforce the value of appreciation in relationships.

● Task:

Each day, express gratitude to someone in your life. This can be through a verbal thank you, a handwritten note, or a small act of kindness.

● Proactive Process:

1. Identify the different ways you can express gratitude, such as verbally thanking someone, writing a note, or performing a small act of kindness. Gather materials such as thank-you cards, sticky notes, or a journal for handwritten notes.
2. Establish a daily routine for expressing gratitude. This could be in the morning, during lunch, or before bed.
3. Each day, choose a person to express gratitude to and decide on the method:
 - Verbal Thank You: Take a moment to sincerely thank someone for something they have done.
 - Handwritten Note: Write a brief note expressing your appreciation and leave it where they will find it.
 - Small Act of Kindness: Perform a kind gesture, such as helping with a task, giving a small gift, or offering your support.

● Personal Reflection:

- How did expressing gratitude each day affect your mood and outlook on life? Did you notice any changes in your relationships?
- What reactions did you observe from the people you expressed gratitude to?
- How can you continue to integrate gratitude into your daily routine to maintain a positive and appreciative mindset?



MONTH OF MASTERY

4 weeks of Relationship Building Challenges for Grown Ups



WEEK 4: NON-VERBAL COMMUNICATION

● **Overarching Goal:**

Enhance your ability to communicate effectively without words and improve relational dynamics.

● **Task:**

Pay attention to your non-verbal communication throughout the week.

● **Proactive Process:**

1. Familiarize yourself with different aspects of non-verbal communication, such as eye contact, body language, facial expressions, and gestures.
2. Establish a daily routine for practicing and observing non-verbal communication. This could be during interactions at work, with family, or in social settings.
3. Each day, focus on specific aspects of non-verbal communication:
 - **Eye Contact:** Make an effort to maintain appropriate eye contact during conversations to show engagement and interest.
 - **Open Body Language:** Use open and relaxed body language, such as uncrossing your arms, to appear approachable and friendly.
 - **Facial Expressions:** Be mindful of your facial expressions and ensure they match your words and intentions.
 - **Gestures:** Use natural and supportive gestures to enhance your verbal messages.

● **Personal Reflection:**

- How did focusing on non-verbal communication affect your interactions and relationships? Did you notice any changes in how others responded to you?
- What specific non-verbal cues were most challenging for you to manage, and how did you address these challenges?
- How can you continue to improve your non-verbal communication skills to enhance your relational dynamics and overall communication effectiveness?



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 relationships 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 a caring and thoughtful friend.



I am clear and positive in my communication.



I am kind and respectful to others.



I am ready to help and support my friends.



I am patient and gentle during play.



I am generous with my time.



I am honest and value my relationships.



WONDERWORDS

FOR GROWN UPS



powerful brain building 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 attentive and actively listen to understand and support others.



I am empathetic and resolve conflict with understanding.



I am open and ready to give and receive love and support.



I am intentional and prioritize meaningful connections in my life.



I am mindful and maintain healthy boundaries in my relationships.



I am honest and transparent in my communication.



I am grateful and express appreciation to those I care about regularly.



MINDFUL MOMENT

HEART CONNECTION



Guided Meditations Crafted for Relationships



WELLNESS WISDOM:

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

● **Objective:**

To help learners focus on their breathing, calm their minds, and foster feelings of love and connection towards others.

● **Duration:**

3-5 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 'Heart Connection' 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:

- "Close your eyes and take a deep breath in, then slowly breathe out. Feel your body relax with each breath."



MINDFUL MOMENT

HEART CONNECTION (CONTIN.)



Guided Meditations Crafted for Relationships

3. BODY RELAXATION:

- "Place your hand on your heart. Can you feel it beating? Take another deep breath and imagine you are breathing in love and kindness. Let your whole body relax from your feet all the way up through your head. Let the love and kindness moving through your body, let all the worries go as you feel your heartbeat.

4. MINDFUL MOMENT:

- "Now, think about someone you love—a friend, family member, or even a pet. Imagine that you are sending them a big, warm hug from your heart. Feel the love going from your heart to theirs. Feel that love fill both of your hearts like a warm ray of sunshine."
- "Imagine that they are smiling because of your hug. You can send love and kindness to anyone, even people you meet during the day."

5. CLOSING:

- "Take another deep breath in, and slowly let it out. Wiggle your fingers and toes, and when you're ready, open your eyes. Remember, your heart is full of love to share."



PICTURE PATH

FRIENDSHIP GARDEN



Developing Relationships 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 imagination, cognitive growth, and a love for learning.

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 to visit the Friendship Garden."
- "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, then slowly breathe out. Imagine you are standing in a beautiful garden."

3. PICTURE PATHWAY:

- "In this garden, you can plant seeds. Each seed represents a kind word, a hug, or a fun time shared with friends and family."



PICTURE PATH

FRIENDSHIP GARDEN (CONTIN.)



Developing Relationships Through Visualizing

- "Imagine planting a seed for each nice thing you've done. Maybe you shared a toy, helped someone, or said something nice. See the seeds sprouting into beautiful flowers."
- "Just like flowers need water and sunshine, friendships are relationships that need love and care. Imagine watering the flowers and seeing them grow stronger and more colorful."
- "Look around your garden and see all the beautiful flowers you helped grow. Feel happy and proud of how you take care of your relationships."
- "Spend a few moments enjoying your Friendship Garden. Feel the warm sun and gentle breeze as it blows through the flowers. Feel the pride in your body for the wonderful garden in your mind."
- "When you're ready, say goodbye to the Friendship Garden, walk back through the beautiful grass, feeling calm and happy."

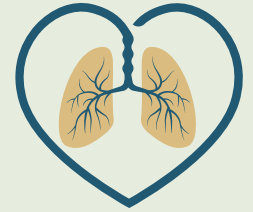
4. CLOSING:

- "Take another deep breath in, and slowly let it out. Wiggle your fingers and toes, and when you're ready, open your eyes. Remember, your friendships are like your garden—full of love and care."



BREATHWISE

FOR RELATIONSHIPS



Objective:

Promote connection through focused breathing.

01 BUDDY BREATHS

- **Instructions:**

"Pair up with a friend or grown up and sit back-to-back. Take a deep breath in together, feeling each other's back rise. Then breathe out slowly together, feeling each other's back move. Let's do this for 10 breaths, focusing on the feeling of breathing together and the connection it creates."

02 HEART BREATHS

- **Instructions:**

"Place your hand on your heart. Take a deep breath in, imagining you are filling your heart with love. As you breathe out, imagine sending that love to someone special (a friend, family member, or even a pet). Let's do this for a few minutes, focusing on the feeling of love and connection."

03 FLOWER & CANDLE BREATHING

- **Instructions:**

"Imagine holding a flower in one hand and a candle in the other. Take a deep breath in through your nose, as if smelling a beautiful flower. Then, breathe out slowly through your mouth, as if gently blowing out a candle. Let's do this 5 times, thinking of someone you would like to share this peaceful moment with."

04 HUG BREATHS

- **Instructions:**

"Give yourself a gentle hug by crossing your arms over your chest. Take a deep breath in, feeling your chest expand. Breathe out slowly, feeling the warmth of your hug. As you breathe, imagine giving a warm hug to a friend or family member. Let's do this for a few minutes, focusing on the feeling of connection and warmth."



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 RELATIONSHIPS



→ MIRROR MOVEMENT

Activity: Pair the children up. One child makes slow, simple movements (e.g., raising arms, turning head) while the other mirrors them. Switch roles after a few minutes, ensuring both children have the opportunity to lead and follow.

Learning Integration: Enhances non-verbal communication & understanding by paying attention to each other's movements.

Benefits: Promotes empathy, cooperation, and improves observational skills.

→ PARTNER YOGA

Activity: Teach the children simple partner yoga poses, such as back-to-back sitting and synchronized breathing or partner tree pose. Guide them through a short routine focusing on balance and support, ensuring that they work together to maintain each pose.

Resource: <https://kidsyogafun.com/partner-yoga-poses-for-kids-and-teens/>

Learning Integration: Enhances physical coordination and trust by requiring children to support each other and move in harmony.

Benefits: Promotes cooperation, improves balance and flexibility, and strengthens bonds through cooperative movement.



FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING RELATIONSHIPS



→ FOLLOW THE LEADER

Activity: One child leads a series of movements (e.g., hopping, spinning, crawling) while the others follow. Take turns being the leader, ensuring that each child has the opportunity to guide the group.

Learning Integration: Enhances group cohesion and the ability to lead and follow in a playful manner.

Benefits: Promotes leadership skills, attentive following, and group cohesion through active and playful engagement.

→ PASS THE BALL

Activity: Children sit in a circle and pass a soft ball around. Add variations to the game, such as passing with feet or only using elbows, to make it more challenging and fun.

Learning Integration: Enhances communication and teamwork by requiring children to coordinate and cooperate to pass the ball successfully.

Benefits: Promotes patience, turn-taking, and gentle handling, helping children develop important social and motor skills.



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 IN RELATIONSHIPS



Objective:

To promote cognitive growth & boost confidence.

Power Starter-(Side of Hand):

Even though I am feeling____, "I am _____"

01 I AM CONNECTED TO OTHERS.

Power Tap Sequence:

1. Eyebrow Point: "I feel connected."
2. Side of Eye: "I am surrounded by love."
3. Under Eye: "I have friends and family who care about me."
4. Under Nose: "I enjoy spending time with others."
5. Chin Point: "I feel happy when I am with my friends."
6. Collarbone: "I am a good friend."
7. Under Arm: "I am loved and appreciated."
8. Top of Head: "I am connected to others."



POWER TAPS

FOR RELEASING EMOTIONAL STRESS IN RELATIONSHIPS



02 I TAKE TURNS AND CARE.

Power Tap Sequence:

1. Eyebrow Point: "I like to share with my friends."
2. Side of Eye: "Sharing makes me feel good."
3. Under Eye: "I care about my friends' feelings."
4. Under Nose: "I am a kind and caring friend."
5. Chin Point: "I enjoy helping others."
6. Collarbone: "I share my toys and time."
7. Under Arm: "I feel happy when I share."
8. Top of Head: "I am a caring person."

03 I RESOLVE CONFLICTS

Power Tap Sequence:

1. Eyebrow Point: "I stay calm in conflicts."
2. Side of Eye: "I can talk things through."
3. Under Eye: "I listen to others' viewpoints."
4. Under Nose: "I find peaceful solutions."
5. Chin Point: "I use kind words."
6. Collarbone: "I am a good problem solver."
7. Under Arm: "I resolve conflicts peacefully."
8. Top of Head: "I am calm and understanding."

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



FOCUS FOODS

RELATIONSHIPS FOOD EXPERIENCE



FRIENDSHIP FRUIT SALAD

Objective:

To create a shared experience through preparing and enjoying a healthy snack with teamwork.

Materials:

large bowl, variety of pre-cut fruits, optional toppings (granola, yogurt, honey)

Activity:

Step 1: Have the children work together deciding the order of the fruits to be added

Step 2: Have the children take turns mixing the fruits into a large bowl and adding desired toppings.

Step 3: Serve the fruit salad and enjoy it together.

Discussion:

Discuss how the fruits taste together versus eating each one separately.

SMOOTHIE COLLABORATION

Objective:

To teach about healthy ingredients and cooperation in food preparation, fostering healthy eating habits.

Materials:

blender, milk, ice, yogurt, fruit, veggies

Activity:

Step 1: Provide a selection of fruits, vegetables, and other smoothie ingredients.

Step 2: Have the children work in pairs or small groups to create their own smoothie recipes.

Step 3: Blend the smoothies and share them with the group.

Discussion:

Discuss what changes to the recipe they might make if they were repeating the activity.



FOCUS FOODS

RELATIONSHIPS FOOD-FREE EXPERIENCE



FOOD CHARADES

Objective:

To develop non-verbal communication skills, understand non-verbal cues, and learn about different foods.

Materials:

paper and writing utensils

Activity:

Step 1: Write the names of various foods on pieces of paper.

Step 2: Have each child pick a paper and act out the food without using words, while others guess.

Step 3: Discuss the different foods and their nutritional benefits as you find matches.

Discussion:

Discuss which foods were the easiest and hardest to guess. Why?

FOOD ROLE PLAY

Objective:

To engage in imaginative play and learn about food preparation while fostering cooperation.

Materials:

pretend kitchen tools and play food items

Activity:

Step 1: Set up a pretend kitchen with toy food items.

Step 2: Encourage children in role-play cooking and serving meals to each other.

Extension:

Make it a theme-based play scenario. Is it a special occasion, a birthday dinner, or holiday meal?



PEACEFUL PAUSE

RESTORATIVE REST FOR RELATIONSHIPS



Objective:

To create a peaceful connected atmosphere conducive to rest.

01 FRIENDSHIP CIRCLE

Duration:

3-5 minutes

Activity:

Step 1: Have the children sit in a circle, holding hands if comfortable.

Step 2: Guide them through a few deep breaths in and out.

Step 3: Lead a short meditation focusing on feelings of love and connection:

"Imagine a warm, glowing light in your heart. With each breath, this light grows stronger and reaches out to your friends around you, making you all feel happy and safe."

Discussion:

After the activity, ask the children how their bodies and minds feel.

02 SOFT TALK CIRCLE

Duration:

3-5 minutes

Activity:

Step 1: Have the children sit in a circle.

Step 2: Each child takes a turn saying something kind or positive about the person next to them in a soft, gentle voice.

Step 3: Encourage everyone to listen quietly and feel the positive energy in the room.

Discussion:

Gently talk about how those positive thoughts can help them have a more peaceful rest.



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!

