



Green Generations

Nurture • Grow • Thrive • Achieve

A Wellness Resource for Kids



Rainbow Heart Breath



1. Reflect on each color in the rainbow heart.
 - Purple = Creativity
 - Blue = Calmness
 - Green = Renewal
 - Yellow = Happiness
 - Red = Energy
 - Pink = Peacefulness
2. Connect with your heart and ask yourself what color are you feeling or what color do you feel you need?
3. With that color in mind, place your finger on the black outline in the middle of the heart.
4. As you trace clockwise, take a deep breath in thinking of the color you chose and say "I need ____ (energy)."
5. Exhale as you trace your finger upwards.
6. Repeat 2 more times.

Mindfulness: Rainbow Heart Breath



What's In Your Treasure Box?

1. Close your eyes, connect with your heart, and think about all of the things that make ✨YOU✨ special.
2. Everything that makes you special are like jewels in a treasure box!
3. Let's fill your treasure box with "jewels!"
Say:

I AM KIND.

I AM CALM.

I AM SMART.

I AM GENEROUS.

I AM LOVING

I AM A GOOD FRIEND.

4. On a piece of paper, draw a treasure box and around the treasure box celebrate all of the qualities that make you special!
Can you write 10 qualities - or more?



Self-Esteem: What's In Your Treasure Box?



The Leader In Me



1. Reflect on the qualities of what makes a leader ethical.
Ethical leaders are thoughtful.
Ethical leaders listen to others.
Ethical leaders stand up for what's right.
Ethical leaders connect with their hearts.
Ethical leaders are honest and value respect.
Ethical leaders lead by example.
2. Do you know that you can be a leader at any age?
3. Close your eyes, connect with you heart, and think of a time when ✨YOU✨ shined as a leader. Did you stand up for a friend or something you felt was right? Did you plant a garden to bring joy to others? Did you create a poster to educate others about an issue?
4. On a piece of paper, copy the qualities of an ethical from above. Then, celebrate a time when you were an ethical leader. Finish by writing in big letters:

I AM AN ETHICAL LEADER!

Leadership: The Leader In Me



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To learn more about us:

www.greenenerations.org

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