

CONNECTION STATIONS

Directions: Move through each station to practice and reflect on mindfulness and what it means to care for yourself, others, and the Earth!

Station 1: Peace Corner

Use the tools you have learned in the peace corner:

1. Listen to the five-minute guided mindfulness video.
2. Practice 4-5 mindful movements below.



CONNECTION STATIONS

Station 2: Heartfulness

1. Use play dough to shape the Earth.
2. Hold the mold of the Earth in your hands and imagine sending kind wishes to all people, animals, and the Earth herself by saying, *“May you be happy...May you be healthy...May you feel peace.”*
3. Repeat these wishes as many times as you would like.

Use this clay figure to send heartfulness to the people, animals, and the planet in the future.

Station 3: Honoring Each Other, Honoring the Earth

1. Choose one piece of string.
2. Take three beads—one bead from each jar—to represent ways to care for others and for the planet.

As you wear your bracelet, remember all of the ways we are interconnected with each other and the planet on which we live.

Sustainability, Kindness, and Interconnectedness

Name _____

Date _____

CONNECTION STATIONS

Station 4:

Seeing the Good in Myself and Others

1. Draw a picture of all of the things you have done to help or support others and the Earth this year.

2. Write a letter of gratitude letter to someone (a friend, teacher, or loved one). Tell them what you like about them, the gifts you see in them, and wish them a great summer!



(Cut out the letter and give it to this person.)