

Creation Stations

Directions: Slide your way to each station to practice and reflect on mindfulness and what it means to include and care for others in the community!

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.



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Station 2: Heartfulness

1. Use play dough to shape people and pets you love.
2. Hold your clay molds in your hands and imagine sending kind wishes to these people or pets in your mind. For example, you might say: *"May you be happy...may you be healthy...may you feel peace."*

Use these clay figures to send heartfulness again in the future!

Station 3: Including Others Bracelet

1. Choose one piece of string.
2. Take three beads—one bead from each jar—to represent connection across differences. Mindfulness helps us make sure everyone feels like they belong.

As you wear your bracelet, remember what you have learned about including others and building compassion and respect for yourself and other people.

Belonging, Respect, and Compassion

Name _____

Date _____

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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 this year (refer back to your random acts of kindness, as well).

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.)