



ARE YOU
READY?

Created in collaboration with the awesome Leslie Richardson!

YOUR ACTIVITY KIT INCLUDES

Activity Guide

Gratitude Journal Worksheet

Five Senses Sketch Worksheet

#AwesomeisHere Flags & Activity Sheet

AWESOME IS EVERYWHERE | NEIL PASRICHA | 9780670069330 | HC \$21.99



AWESOME IS EVERYWHERE ACTIVITY GUIDE

AWESOME IS EVERYWHERE is a great way to teach children about mindfulness, gratitude and awareness. Here are some recommended activities for home or school to continue the learning.

MINDFULNESS

Breathing with Bubbles

Bubbles are a great way to start talking to your child about breath.

You will need: bubble solution, wand

- Encourage your child to breathe in deeply and exhale slowly into the bubble wand
- Watch the gentle movement of the bubbles together
- If your child is too young to blow bubbles, you can do it for her

GRATITUDE

Gratitude Painting

Painting allows children to express their feelings creatively.

You will need: paper, paint, paintbrush, music

- Choose a song that you/your child love(s)
- Allow your child to draw or paint as you listen to the music together
- You may encourage her to draw things she is thankful for or allow her art to be an abstract representation of her feelings

AWARENESS

Sand Hunt

Seek and find is a fun first step in building awareness.

You will need: access to a sandbox, several small household items, a paintbrush

- Ask your child to close her eyes while you hide the objects in the sand
- Tell her to open her eyes and use the paintbrush to find the objects

My Body, My Mind

Teach your child to make the connection between breath and the body.

You will need: space to run around in

- Ask your child to close her eyes and listen to her own heartbeat
- Show her how to find her pulse in her wrist or by placing her hand over her heart
- Next ask your child to run around, dance or do jumping jacks
- Ask her to close her eyes and find her heartbeat again
- Discuss how her heartbeat, her breath and the feeling in her body have changed

Gratitude Journal

Keeping a gratitude journal allows children to express what they are grateful for and helps identify what makes them happy.

You will need: Gratitude Journal worksheet, pencil, colouring supplies

- Ask your child to close her eyes and imagine that she is looking into the mirror at a moment when she is happiest
- Ask her what she sees herself doing in the mirror
- Using the Gratitude Journal worksheet, have your child draw a picture to illustrate this moment and then complete the sentence together

Memory Tray

Simple memory games are a fun way to strengthen your child's sense of awareness.

You will need: A tray, several small familiar objects, paper, pencil

- Place the objects on a tray
- Sit with your child and look at the objects on the tray for several minutes
- Cover the tray and ask her to draw as many of the objects that she can remember

Guided Meditation

Guided meditation helps children learn to connect to the moment.

You will need: a quiet space, a copy of *Awesome is Everywhere*

- Have your child sit or lie down in a comfortable spot with her eyes closed
- Help her relax her body one part at a time, starting with her toes and moving up to her ears
- Tell her to wiggle each body part and then relax it
- When her body is relaxed, read *Awesome is Everywhere*

Gratitude Roundtable

Sharing what you are thankful for is a good way to build community and empathy.

You will need: 2 or more participants

- Pick a time each day to hold a Gratitude Roundtable for at least one week. This could be at dinner for a family or after announcements in a classroom
- When it is time for the Gratitude Roundtable, have each person share something they are grateful for with the group

Five Senses Sketch

Help your child deepen her sense of awareness by using all five senses.

You will need: paper, pencil, Five Senses Sketch worksheet or paper

- Chose a place to sit outdoors
- Ask your child to notice her surroundings
- Ask your child to draw or list what she notices under the corresponding section on the Five Senses Sketch worksheet or a piece of paper

MY GRATITUDE JOURNAL

Name: _____

Date: _____

Today I am thankful for _____

because it makes me feel _____.

Imagine you are looking into a mirror at your happiest moment.
What do you see? Draw it in the space below.



FIVE SENSES SKETCH

We live in an awesome world!

Take a moment to notice your surroundings using all five senses.

Draw a picture of what you notice in each sense section.



SMELL

HEAR



SEE



TOUCH

TASTE



(check with an adult before you decide to taste something)

#AWESOMEISHERE FLAGS

Where are some of your favourite awesome places?

Let the world know by creating your own

#AWESOMEISHERE flags and planting them in these places.

- 1 Cut along the dotted lines and attach each pennant to a popsicle stick or the end of a pencil
- 2 Share your awesome places! Take a picture of your favourite awesome place and tweet it to @PenguinCanada using the hashtag #AwesomeisHere

