

..... Barefoot At-Home Activities Kit

Feeling Connected to Others

With these activities, you can feel connected to others even if you're home alone.

1 I Am Because We Are: Ubuntu Collage

Create a poster that shows how you are connected with others.

2 Sharing Friendship: Spread Compassion in the World

Share a golden light with everyone in the world with this mindfulness activity.

3 Pen Pals: Writing Letters

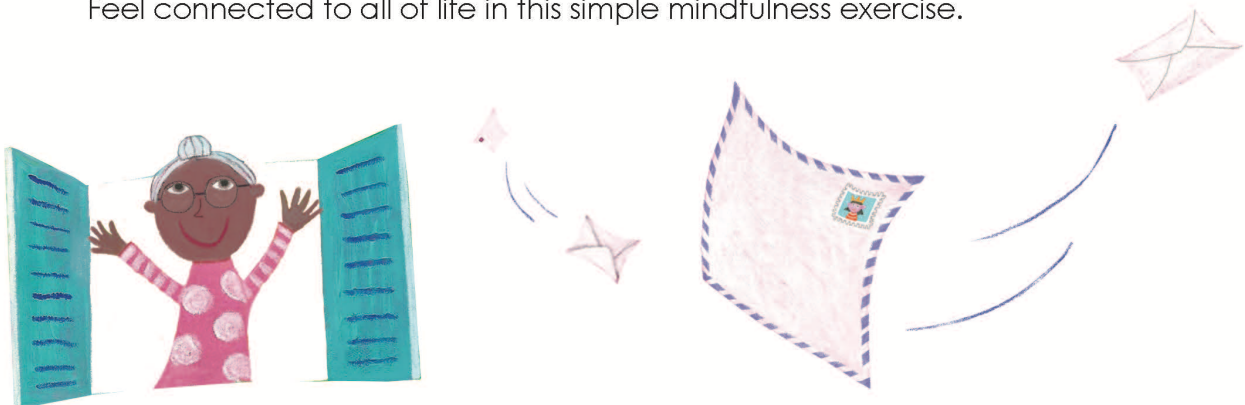
Send a little bit of happiness to someone who might be lonely.

4 I Am Thankful: Find Gratitude

Create a gratitude drawing to remind you of the people who make your life better.

5 Be A Rainbow: Restore

Feel connected to all of life in this simple mindfulness exercise.



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I Am Because We Are Ubuntu Collage (South Africa)



Ubuntu (*oob-BOON-too*) is an important idea in South Africa. The word comes from the Zulu language and refers to the bond that connects all people. It is often translated as, “I am because we are.” The practice of ubuntu means caring about the needs of others by being kind, helpful and generous. Ubuntu reminds us that we are all connected!

Ubuntu Collage



- 1 On your paper, make a list of all the important people in your life — family, friends, teachers, helpers — and why you are grateful for them.
- 2 Draw a picture of yourself or glue a photo of yourself in the middle of the poster board.
- 3 Around the drawing or photo of yourself, draw or glue photos of all the people who are on your list.
- 4 Next to each person, write down why you're grateful for them. Make sure you leave empty spaces on your ubuntu collage so that you can add people when you make new friends or remember more people who make a difference in your life.
- 5 Hang your collage where you can look at it every day. Notice all the people you're connected to! Ask yourself, “What acts of kindness did I perform today?”

You'll Need:

- paper
- poster board
- crayons
- scissors
- photographs or printouts of photos (optional)
- glue (optional)



Ubuntu Every Day

Try to remember to do an act of caring and gratitude every day!

- Thank an adult who is always there for you — and try to think of how you might help them!
- Invite a kid who is new in your school or community to play with you.
- If a friend seems sad, try to make them smile or help them out.



Sharing Friendship

OPEN YOUR HEART



Spread compassion in the world

Sharing Friendship

- 1 Sit **mindfully**, with your spine straight and body relaxed. Close your eyes. Take three soft, slow, **mindful breaths**.
- 2 Think of someone or something that makes you happy. Maybe it's a person you love or a special pet.

- 3 Imagine your feelings for that person or pet as golden rays of light in your heart. Breathe in and out, and imagine sending the golden light to a friend who needs kindness. See your friend smiling.



- 4 With your next out-breath, send your golden light to someone you don't know very well. See that person receive your light.



- 5 Now breathe in and out, and share your golden rays with someone you feel grumpy towards. Watch your kindness help that person.

- 6 Finally, share your golden light with everyone in the world. Imagine everyone laughing together.

- 7 Smile with that happy feeling. Take three more soft, slow, **mindful breaths** before you open your eyes.

Pen Pals

Letter Writing (Global)



Letter writing is a wonderful way to send a little bit of happiness to someone, whether they're far away or across town. No one likes to feel lonely, and getting a handwritten piece of mail often helps someone feel remembered and valued.

Letter Writing



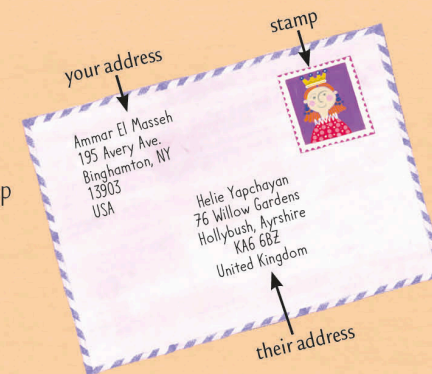
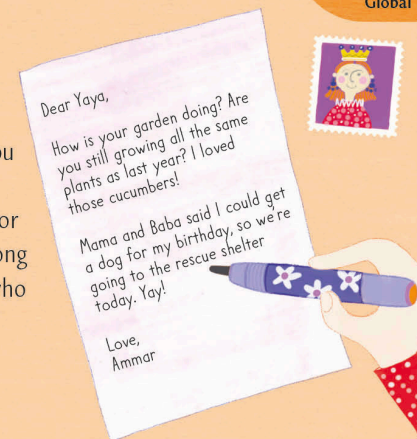
Global

Adult Helper Needed!

You'll Need:

- paper • stamp
- envelope • pen or pencil

- 1 Talk with an adult about who you could write to — do you have a grandparent who lives far away or a friend you haven't seen for a long time? Try to think of someone who might not receive many letters.
- 2 Let's get writing! At the top of the page, start your letter with "Dear . . ." or "To . . ."
- 3 Think about what your pen pal might be interested in reading. Start by telling them a little bit about what you have done recently or about your likes and dislikes. Then you can consider some questions to ask them. What games do they like? What types of books do they like to read? Ask an adult for help writing down the words if you need it. You could also draw a picture for your pen pal. Remember to sign your name at the end.
- 4 Once you have finished your letter, it's time to address the envelope. Make sure you include your pen pal's name and full address. You'll then need to buy the correct stamp to put on it — ask an adult for help. It's exciting to drop your letter into the mailbox once it's all ready!



I Am Thankful

REST & RELAX



Find gratitude

I Am Thankful

You will need paper and a pen, markers or crayons.

- 1 Before you go to sleep, think about somebody or something you love, or something wonderful that happened to you.

Maybe you are thankful for being with a relative, sharing a family meal or making a new friend. Write or draw about it.



You could also ask a grown-up to write it down for you.

- 2 Take three soft, slow, **mindful breaths** and feel thankful.

- 3 Keep your gratitude message or drawing beside your bed. Look at it again when you wake up. It can remind you of the good things in your life.



TIME IN

Be a Rainbow



Restore

BE A RAINBOW



- Red: You are strong and safe.
- Orange: You are happy and playful.
- Yellow: You are proud and confident.
- Green: You are kind and caring.
- Blue: You are honest and truthful.
- Indigo: You are clever and creative.
- Violet: You are a good friend.

Relax and close your eyes and go inside. Slow down your breathing . . . sigh, ahhh . . . let go and melt into the floor.

Imagine you are walking down a beautiful path. A storm is clearing and you see a rainbow. Stand under it and let its warm, bright light fill you with happiness.

You are connected to all life. You are a rainbow too.