32nd Annual Dr. Richard N. Boylan Memorial Event

RANDOM ACTS OF kindness

Tag us @antibullyinginstitute or #ABIvirtualkindness in your stories!

Color With kindness

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Mindful Tips For Parents

- Practicing gratitude helps you refocus on what you have instead of what you lack.
- Try to look at the world from the point of view of your child. Attempt to do this every day. Let go of your own world point of view for at least a few minutes.
- Taking breaks is crucial in improving your productivity at work or at home! Even 5 minutes can make all the difference.
- Unplugging from technology from time to time can lead to greater mindfulness, improved sleep, deeper connections, and better productivity.
- Start your day by repeating a positive affirmation and hold it close to you throughout the day.
- Focus on your breathing. With practice this will become an automatic skill that you will automatically start doing in stressful situations.
- While your kids are asleep or busy with other activities, make some time for yourself and find a place where you can be alone and savor a few minutes of silence.
- Make time for a little self-care every day. That can include going on a walk as a family or calling a friend to chat.
- Go on a "mindful" hike by yourself or as a family to engage yourself in nature and express gratitude for the outdoors.
- Use a mindfulness app. These apps help in combatting anxiety, reducing stress, getting better sleep, increasing focus, and more!

KINDNESS KROSSWORD PUZZLE

Scavenger Hunt
Puzzles & More
Activities

ACROSS

3. Showing appreciation
5. A reaction to something very funny
6. To accept (something or someone) readily or gladly
9. To make someone feel that they want to do something and can do it
11. To be brave and confident enough to do what you believe in
15. A relationship that requires admiration, respect, trust, and emotional support
17. To consider to be true or honest
19. Being able to let go
20. Setting meaningful goals help us develop this
21. Something that makes a person feel more cheerful, positive, or optimistic
23. A facial expression that can brighten someone's day
25. Feeling, showing, or expressing joy
26. Holding something or someone close to you

DOWN

1. To have as an aspiration or hope
2. Feeling or showing gratitude
4. Engaging in appropriate and responsible behavior when using technology
7. Feel admiration and surprise about something
8. An individual who intervenes on behalf of a person being bullied
10. When you really care about someone or something
12. The quality of being friendly, generous, and considerate
13. Deserving respect, admiration, or support
14. To be fully present and aware of where you are and what you're doing in the moment
15. Relatives that can offer you the support you need to thrive
16. To want something to happen or be true
18. The ability to understand and share the feelings of another
22. Facing a difficult situation with courage
24. To give someone confidence or hope

MINDFUL APPS

Open your mind, open your heart.

Calm is used for meditation and sleep. Benefits of using this app include lower stress, less anxiety, and more restful sleep with guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. It is a mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.

HEADSPACE

MINDFUL MOMENTS FOR STUDENTS

• Meditate - just taking 5 minutes to sit quietly and follow your breath makes you more connected.

• Slow down, focus on one thing at a time, and always take a break for yourself.

• Savor the world around you and pay close attention to what you are grateful for.

• Eat well for your body and your soul.

• Take some time away from devices, relax, and watch the world around you. • Limit your screen time at night.

• Release your energy through movement. Simply walking, practicing yoga, and stretching helps ease your mind.

• Take a breath of fresh air and enjoy nature. The world is beautiful, so take some time to smell the flowers.

• Write your goals down. The more you see them, the stronger your efforts will be to achieve them.

• Connect with others, even if it is virtually. Human connection helps us deal with our emotions and relax in times of need.

• Recognize your worth through self-reflection. How have you improved today?

• Random acts of kindness fill your heart with joy when you help others.

E	S	O	P	R	U	P	B	M	R	A	P	Z	H	A	E	Y	G	J	E
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Q	P	R	V	Y	I	I	R	W	R	L	X	O	L	F	T	A	J	V	Z
B	E	Y	A	T	J	V	I	G	F	X	N	L	M	I	T	N	G	I	X

KINDNESS Word Search

Appreciative	Forgiveness	Happy
Brave	Grateful	Hope
Believe	Gratitude	Uplift
Kindness	Worthy	Purpose
Family	Empathy	Wonder
Courage	Smile	Mindful
Dream	Happiness	Purpose
Embrace	Laugh	Love
Encourage	Inspire	Hug
Friendship	Thankful	

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Headspace allows you to learn meditation and mindfulness skills from world-class experts and develop tools to help you focus, breathe, stay calm, and create balance in your life.

Smiling Mind is a 100% not-for-profit organization that works to make mindfulness meditation accessible to all. It is designed to assist people in dealing with the pressure, stress and challenges of daily life.

MyLife Meditation is personalized to how you feel. It helps you maintain perspective so you can get to a better place, in just a few minutes a day. Check in with how you're feeling and try short, guided meditations and mindfulness activities, tuned to your emotions.

Insight Timer aims to help calm the mind, reduce anxiety, manage stress, and sleep deeply. Includes guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.

Sharing a little kindness goes a long way! Create your own kindness card by writing some kind words or drawing a picture for someone who needs it.

Kindness Card

Download our Shout Out or Kindness E-cards to post on your IG Story.

See You On Social

Tag us @antibullyinginstitute or #ABIvirtualkindness in your stories!

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benefits of daily affirmations

Making your own deck of affirmation cards stems from the root of positive self-talk. It can be empowering to read positive phrases in our own handwriting.

i am _____

_____

_____

i believe _____

_____

_____

i can _____

_____

_____

Yoga & Mindfulness

from the comfort of your own office or home!

James Woods
"Dat Yoga Dude"
M.F.T. Masters in Counseling &
R.Y.T. Registered Yoga Instructor

"Feel Free 2 Feel Free" Virtual Yoga Class

Rewatch on our YouTube Channel