

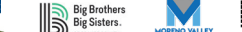
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CHARITABLE
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Tips For Families

1. Mindful eating is the practice of being "present" while consuming food. In a way, it is being aware of the food you are consuming as well as the environment around you.
2. Tips for practicing mindful eating include the following:
 - a. Try to eliminate distractions such as TV, Phones, Tablets, Music, Podcasts, YouTube, Netflix...etc. while you are sitting down for a meal.
 - b. Try to not "eat on the go"; find a place to sit down for your meals. Eating while walking or driving can make it harder to realize how much you are actually eating.
 - c. Portion your food out onto a plate; eating from a bag, box, or other container can lead to consuming larger portion sizes.
 - d. Take your time eating and don't rush. Take the time to savor and enjoy your food instead of scarfing it down! If you have 15min choose a snack instead of a full meal.
 - e. Check-in with your hunger level before eating! Ask yourself if you are actually hungry or feeling some other feeling such as boredom, sadness, or happiness.
 - f. Do not be a member of "the clean plate club"; do not feel as though you have to eat everything off your plate! Stop eating once you feel satisfied!
 - g. If you want a second serving of food, wait 15min before serving yourself. Waiting a few minutes allows you to check-in with your body to make sure you are actually still hungry!
3. Benefits of practicing mindful eating include the following:
 - a. Inclusion of mindfulness at mealtimes can help with making better food choices, weight management, and can result in lower calories consumed.
 - b. A mindfulness centered weight-loss program can help individuals reach their goals in a healthy and sustainable way!
 - c. Mindfulness can help reduce impulsive eating habits as well as emotional eating habits.
 - d. With the direction of a Registered Dietitian Nutritionist, a mindful eating approach can help treat eating disorders such as binge eating disorder.

Family Fun Crossword Puzzle

Smile BIG

Be Happy

Be KIND

Be Amazing

Family Fun

color with kindness

TREAT Others
as YOU want
TO BE TREATED

Across:

3. Caring and wise actions
6. Not a chilly feeling, but a feeling of _____
8. Opposite of sick
10. Facial expression that conveys happiness
12. A gesture of _____ is a feeling of wanting to be friendly and helpful to someone
14. Another word for common courtesy
17. Respond to someone's need
18. Could you _____ help me out?
19. Not hostile
21. Ability to reach out and understand someone
22. An act of kindness can also be called a _____

Down:

1. Do someone a _____
2. The universal symbol of love
4. Another word for an embrace
5. Willing to give or share
7. Without pride
9. To look after someone
11. "Being able to walk in someone else's shoes"

13. Healthy in mind and body
15. Another word for help
16. The opposite of cruelty
20. Acts of kindness performed without planning

FREE Kindness and Bullying Prevention Information Available



ANTI-BULLYING INSTITUTE

RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION

RMCcharity.org

HEALTH APPS

Helping you with your journey.

SESAME STREET



Breathe, Think, Do Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence.

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

MINDFUL Word Search

Meditation
Balance
Wholesome
Nature
Vitamins
Mindfulness
Habits

Body
Healthy
Understanding
Diet
Caring
Responsibility
Kindness

Love
Empathy
Selflessness
Humanity
Happiness
Grounded
Created by Puzzlemaker at
DiscoveryEducation.com



**Fun Online
ACTIVITIES**

Plus Answer Keys

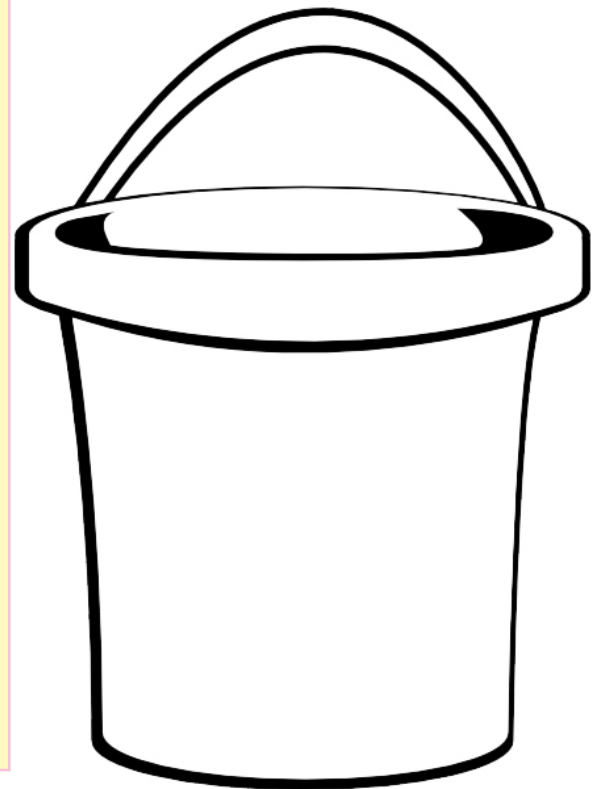
Tangerine Meditation Exercise

Gather your family around the table and try this exercise together!



1. Holding; Hold the tangerine in your hands. **This exercise can be done with any food!!
2. Seeing; Look at the tangerine and take the time to really focus on its appearance. Allow your eyes to explore its surface and take note of the color, the surface, the way the light shines, if it has any abnormalities...etc.
3. Touching; Roll the tangerine in your palms and around your fingers. Take note of what you feel. Close your eyes as you do this to heighten your sense of touch! Is the surface smooth, rough, bumpy?
4. Smelling; Hold the tangerine beneath your nose. Inhale deeply and pay attention to what you smell! Is there a distinct aroma or fragrance that arises? Does it remind you of anything? Is there anything happening in your mouth or stomach?
5. Peeling; Slowly begin to peel the tangerine. Pay attention to what you feel, see, and smell. Did the sensations change or remain the same before and after peeling? How so?
6. Tasting; When you are ready, place a tangerine segment into your mouth, but do not chew. Pay attention to what you feel and taste. Take one or two bites and feel what happens in your mouth. How does what you feel and taste change? Begin to fully chew paying attention to how the segment changes over time.
7. Swallowing; When you feel ready to swallow the tangerine, picture your body swallowing and then swallow the tangerine segment. This will help you feel the action is intentional.
8. Following; See if you can trace the segment as it goes down your esophagus into your stomach. Check-in with your body and see how it feels after completing the exercise!

FILL THIS
BUCKET WITH
KIND WORDS



Mindful Powers™ is an award-winning, kid-first, holistic approach to helping young minds learn and practice mindfulness so they can respond more effectively to stressful situations through the power of play. Built on a skills-based approach that helps children in early and middle childhood build a healthier relationship with life, stress, and anxiety, Mindful Powers™ empowers kids to bring calm to their

lives at the touch of their fingertips.



Wuf Shanti was created by a kid for other kids, promotes health, wellness, & happiness in children, & encourages peace and positivity. His grandpa taught him mantras about positive thinking, kindness, and gratitude, and now those lessons are being passed on to the next generation.

RANDOM ACTS OF Kindness Week

Spirit Week 2022

MON
2/14

"Dreaming of Kindness"
Pajama day



Share what your dream is for a kinder world.

TUES
2/15

"Peace, love, and kindness.
Be kind to the environment"
Tie-dye day



Pick up any trash you see on the floor.

WED
2/16

"Mixed up in kindness".
Wear a mix match outfit!



Eat lunch with someone new.

THURS
2/17

"Team Kindness"
Wear your favorite sports/
sports team swag



Complete a random act of kindness for someone.

FRI
2/18

"emPowered by kindness"
Super HERO day



Post your favorite motivational quote.

WINNERS WILL BE NOTIFIED BY 2-23-2022.



Share your Acts of Kindness and tag us for entries to our contest.

@AntiBullyingInstitute
@AntiBullyingInstitute
@ABI_Bullying

Full contest rules @RMCcharity.org • Program information or questions; email sarahi@RMCcharity.org

Learn to be Kind

Think about a time when your were not kind and answer below:

What did you do that wasn't kind?

How did it make you feel?

Why were you unkind?

What could you have done differently?

Why is it important to act kindly?



What will you do next time?

RANDOM ACTS OF Kindness CALENDAR • FEBRUARY 2022

Choosing to be kind to others and yourself can make the biggest difference. During the month of February, join us in celebrating the impact that kindness has in our everyday lives.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Compliment Cards Kindness Cards Thank You Cards Post-It Positive Cards RMCCHARITY.ORG		1 Spend 30 minutes doing something you love today.	2 Smile at everyone you see today.	3 Post a meme on social media to make people laugh.	4 Leave Kindness compliments for people to take.	5 Watch your favorite movie with a loved one.
6 Draw a picture for someone.	7 Put electronics away when in the company of others.	8 Hold the door open for someone.	9 Share a snack with a peer or colleague.	10 Send a kind text or email to 3 people today.	11 Give your pet extra attention today.	12 Post something positive about yourself on social media.
13 Say Hello to everyone you see today.	SPRIT WEEK AND RANDOM ACTS OF KINDNESS WEEK					19 Reach out to someone you have hurt and say you are sorry.
	14 Share what your dream is for a kinder world. "Dreaming of Kindness" Pajama day	15 Pick up any trash you see on the floor. "Peace, love, and kindness. Be kind to the environment" Tie-dye day	16 Eat lunch with someone new. "Mixed up in kindness". Wear a mix match outfit!	17 Complete a random act of kindness for someone. "Team Kindness" Wear your favorite sports/sports team swag	18 Post your favorite motivational quote. "emPowered by kindness" Super HERO day	
20 Tell someone why you are thankful for them in a Thank You note.	21 Make a list of all the things you love about yourself.	22 Leave a kindness card or a nice note in a random place for someone.	23 Leave a positive comment on someone's post.	24 Make a list of 3 things you are grateful for.	25 Compliment a peer you do not normally talk to.	26 Make yourself your favorite snack.
27 Let someone skip ahead in line.	28 Reach out to someone you have not talked to in a while.	Share your Acts of Kindness and tag us. @AntiBullyingInstitute @AntiBullyingInstitute @ABI_Bullying			 OPERATION KINDNESS MAKING A DIFFERENCE IN OUR COMMUNITY	

