

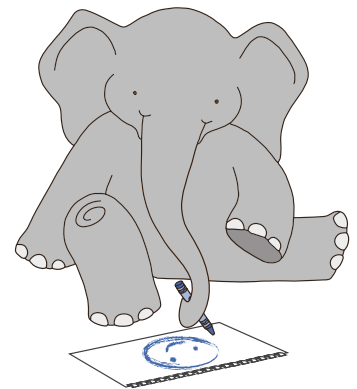
* Rise & Shine Bundle



The **Rise & Shine Bundle** is designed to help your child grow emotionally, build resilience, and thrive through books and activities focused on gratitude, kindness, mindfulness, and emotional intelligence.



INSTRUCTIONS

1. There's no right or wrong order—feel free to mix and match activities.
 - Practice a mindful breathing exercise at mealtime
 - Review the feelings chart in the afternoon
 - Share a Kindness Flower with a neighbor
 - Read a book together before bedtime
2. Make it interactive and reflect together.
 - Let your child choose which activity they want to try
 - Share your own thoughts to model emotional awareness
 - Talk about what they enjoyed and what they learned
3. Repeat and reinforce favorite activities often, and celebrate your child's efforts along the way.



By using this bundle regularly, you're giving your child powerful tools to manage emotions, build confidence, and connect with others in meaningful ways.

Rise & Shine Reading List

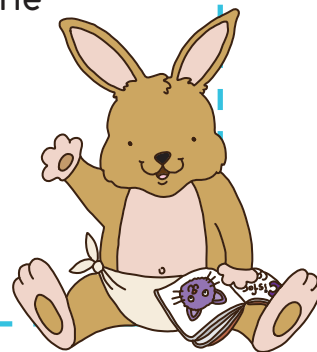


When families read together for just 20 minutes a day, they're doing more than building essential pre-reading and learning skills—they're also nurturing strong, loving relationships and modeling the values of kindness, empathy, and connection.



Read
Together
20 Minutes
Every Day™

- 
- 
1. ***Kindness Makes Us Strong*** by Sophie Beer
 2. ***The Kindness Book*** by Todd Parr
 3. ***Enemy Pie*** by Derek Munson
 4. ***ABCs for Kindness*** by Patricia Hegarty
 5. ***The Rabbit Listened*** by Cori Doerrfeld
 6. ***The Pigeon Has Feelings, Too!*** by Mo Willems
 7. ***The Cool Bean*** by Jory John
 8. ***Tiny T. Rex and the Impossible Hug*** by Jonathan Stutzman
 9. ***My Mouth is a Volcano*** by Julia Cook
 10. ***Last Stop Market Street*** by Matt De La Pena
 11. ***The Thank You Letter*** by Jane Cabrera
 12. ***We Are Grateful: Otsaliheliga*** by Traci Sorell
 13. ***Thank You, Omu!*** by Oge Mora
 14. ***Apple Cake: A Gratitude*** by Dawn Casey
 15. ***Thanks from The Very Hungry Caterpillar*** by Eric Carle
 16. ***Listen*** by Gabi Snyder
 17. ***I Am Peace: A Book of Mindfulness*** by Susan Verde
 18. ***Here and Now*** by Julia Denos
 19. ***The Breathing Book*** by Christopher Willard
 20. ***You Are a Lion*** by Taeun Yoo



At the library, choose one recommended book and let your child pick others that spark joy or curiosity. Each story is a chance to explore feelings, practice mindfulness, and grow together through shared wonder.

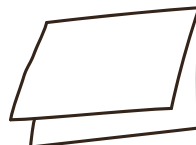
MAKE YOUR OWN THANK YOU CARDS



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CUTTING LINE



FOLDING LINE

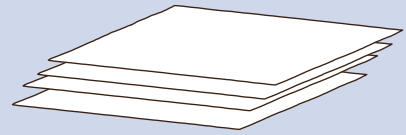
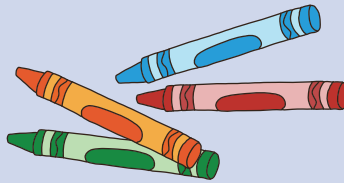
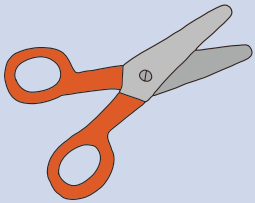




Give thanks and share your gratitude with these do-it-yourself greeting cards. Gratitude is a social and emotional skill that shows your child the importance of getting along with others. Cultivate your child's well-being through modeling gratitude and creating these thank you cards.

What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- 8½ x 11 white paper (for printing)



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the cards.
2. Cut out the gratitude cards along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the cards. If they are not ready to use scissors, you can hold their hand and cut the cards together.
3. Help your child fold the cards down the middle.
4. Depending on your child's skill level, have them trace over the letters and words on the front of the card. Tracing is the first step to writing!
5. Have your child decide what they would like to do: Draw a picture? Create a message for you to write down? Or sign the card on the inside?
6. Then your child can give their thank you card to a friend, family member, teacher, caregiver, community worker, or coach.

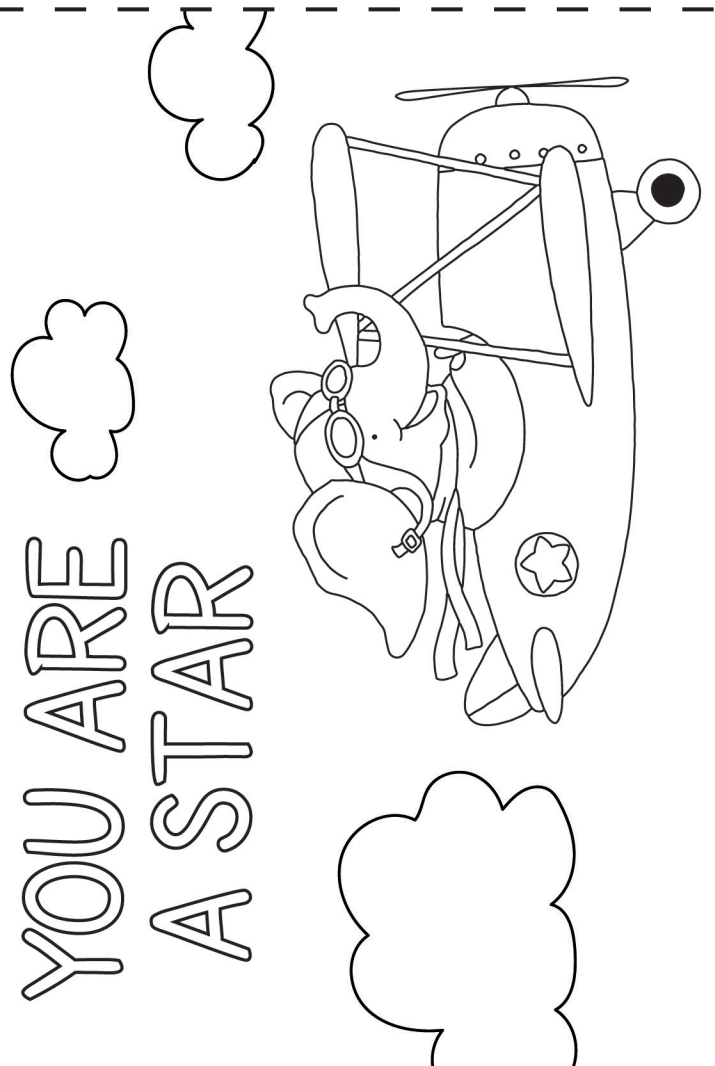
Making crafts and doing activities is always fun! But remember, Playing With a Purpose is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.





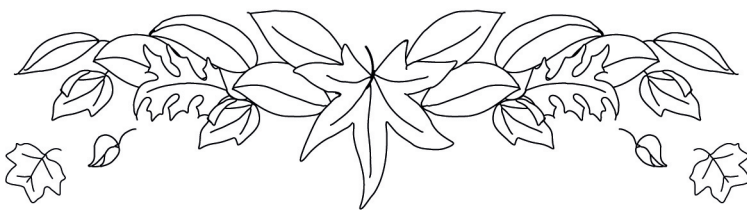
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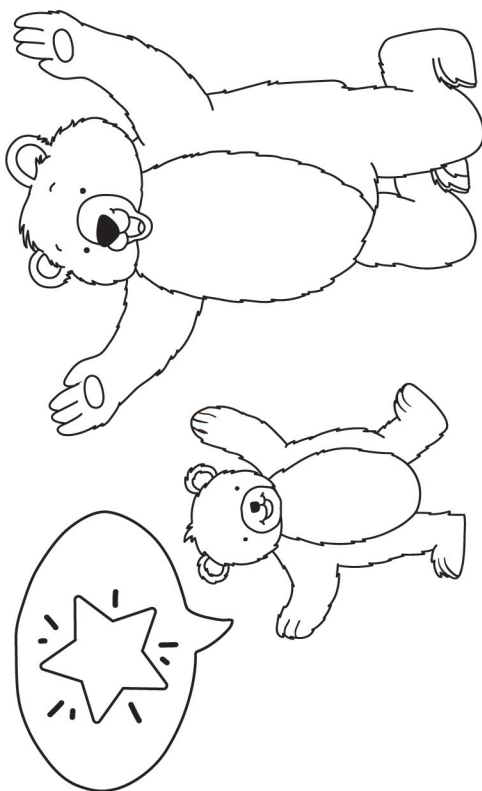
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GREAT JOB ON!



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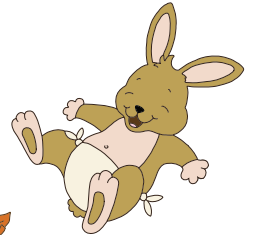
DIY GRATITUDE JAR



's

(NAME)

Gratitude Jar



I am grateful for:
My family



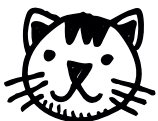
I am grateful for:
My friends



I am grateful for:
My teacher



I am grateful for:
My school



I am grateful for:
My pet

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:



DIY GRATITUDE JAR



I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:



Help your child identify all that they have to be thankful for by creating their own gratitude jar.

What you'll need:

- Scissors
- Empty and clean mason jar or plastic container
- 8½ x 11 white paper (for printing)



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the jar label and the gratitude slips on the previous pages of this document.
2. Personalize the gratitude jar by adding your child's name or your family's name to the jar label. If your child can write their name, ask them to write it on the label. You can write down their name with a light colored pencil for them to trace over. If they are not ready to hold a writing tool, you can help them by holding their hand and writing their name together.
3. Cut out the gratitude jar label and slips of paper along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the gratitude label and slips of paper. If they are not ready to use scissors, you can hold their hand and cut the cards together.
4. Put the jar in an easy-to-reach place for your child or family, but in a location where it won't be knocked over.
5. Slide the gratitude jar label into the container with the label facing out.
6. Place the gratitude slips next to the jar.
7. Ask your child what they are grateful for and then write it on the slip of paper. Or your child can color the premade gratitude slips if they need help coming up with ideas. Read the full sentence on the piece of paper to your child and ask them to repeat what you read to them. Encourage their creativity by allowing them to draw something and, when ready, ask them to drop the gratitude slip into the jar.
8. Encourage your child and family to continue to write on the gratitude slips and read what they are grateful for. Have them drop the slips into the jar throughout the month. Once the jar is full, go back and read the slips together to reflect on the different things your child and family are grateful for.

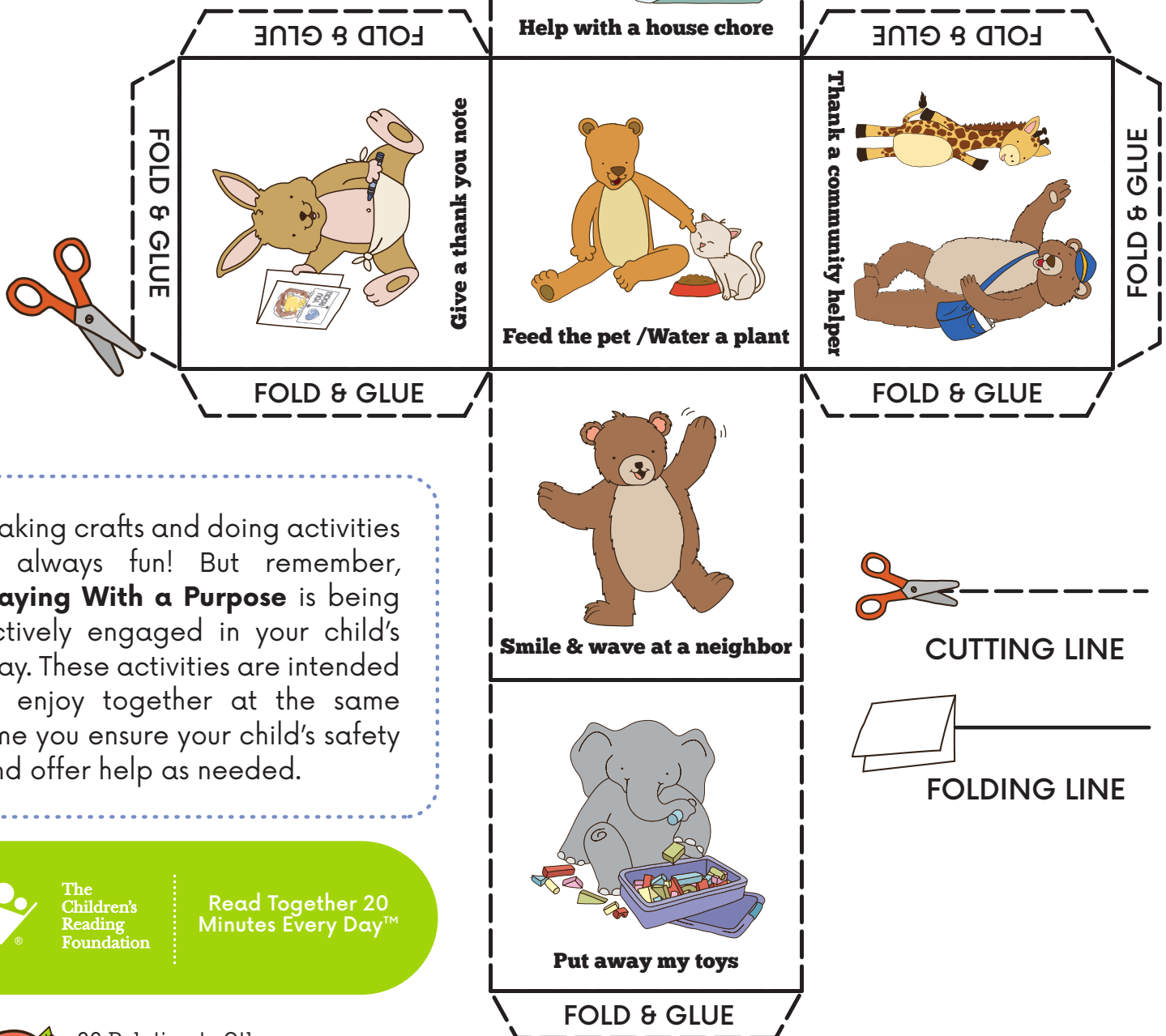
Making crafts and doing activities is always fun! But remember, Playing With a Purpose is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.



ACTS OF KINDNESS DICE

Practice kindness with the Acts of Kindness Dice. Featuring six different acts of kindness, your child can engage in meaningful activities that encourage kindness at home and in their community. Cut, fold, glue, roll, and be kind!

**Play With
a Purpose**



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Read Together 20
Minutes Every Day™



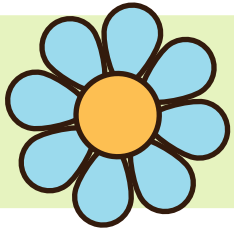
22 Relating to Others
25 Taking Responsibility
26 Developing Emotional Well-being

GIVE A KINDNESS FLOWER

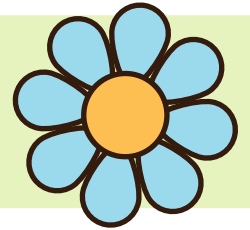


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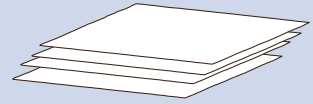
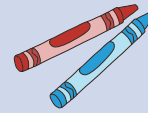


Celebrate the spring season by creating and giving a Kindness Flower to a friend, family member, neighbor, teacher, or community caretaker.



What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- 8 1/2 x 11 white paper (for printing)
- Glue or glue stick



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the Kindness Flower pages.
2. Have your child color in the petals, stem, and pot with crayons, colored pencils, or markers.
3. Cut out each petal, the stem, and the pot along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the petals, the stem, and the pot. If they are not ready to use scissors, you can hold their hand and cut the pieces together.
4. Write the name of the person your child wants to give their flower to at the top of the stem in the center of the flower.
5. Ask your child to choose petals with the qualities that describe the person they are giving the flower to. Glue the petals to the top circle of the stem. Take advantage of this opportunity to have a conversation with your child about the words on the petals.
6. Practice kindness and give the flower to the person.

Making crafts and doing activities is always fun! But remember, **Playing With a Purpose** is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.



GIVE A KINDNESS FLOWER



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Helpful

Compassionate

Kind

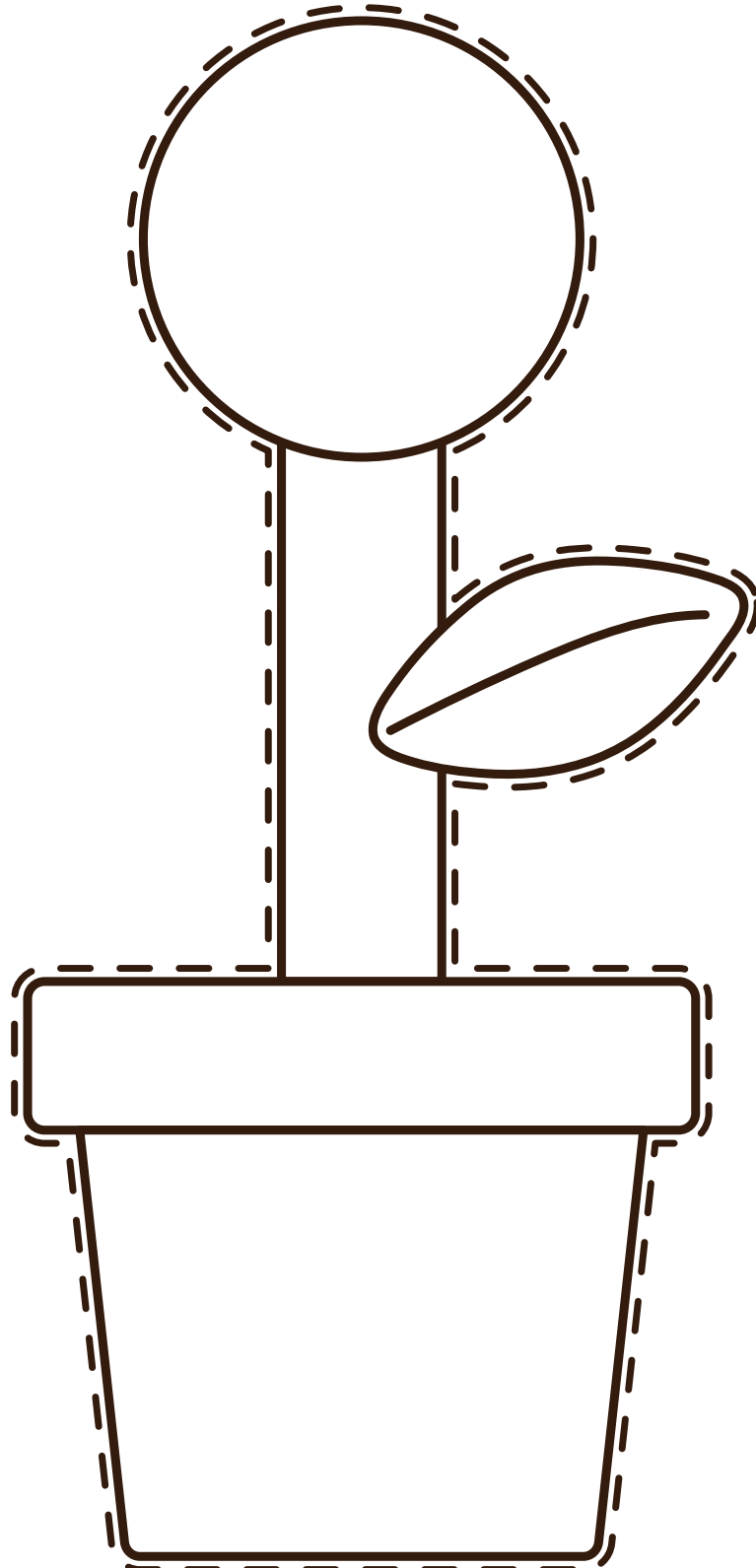
Brave

Friendly

Caring

Generous

Respectful












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Weekly Feelings Chart

Use this Weekly Feelings Chart with your child to talk with them about their feelings and emotions. Have your child draw a checkmark, heart, or star in each box corresponding to their feeling. Then, take time to reflect with your child about why they feel a particular way.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Peaceful 							
Sad 							
Happy 							
Angry 							
Surprised 							
Embarrassed 							
Scared 							
Excited 							
Frustrated 							
Confident 							



22 Relating to Others
25 Taking Responsibility
26 Developing Emotional Well-being

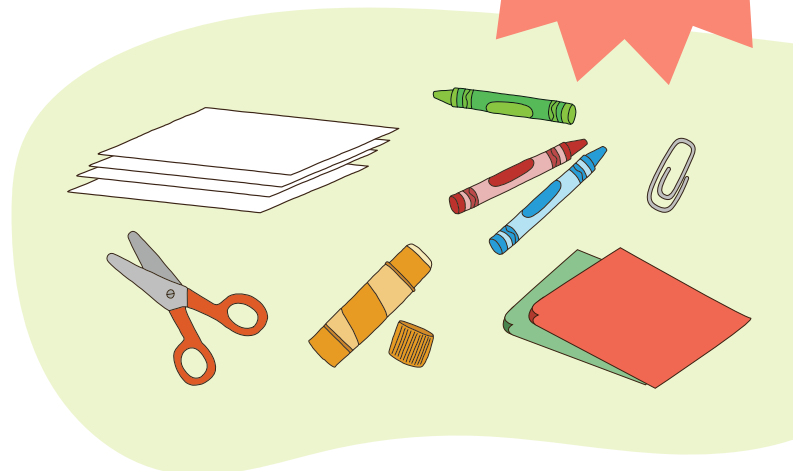
• DIY Feelings Meter •

Play
With a
Purpose

Help your child share how they are feeling with this DIY Feelings Meter. Your child can move the arrow back and forth to express the feelings they experience throughout the day.

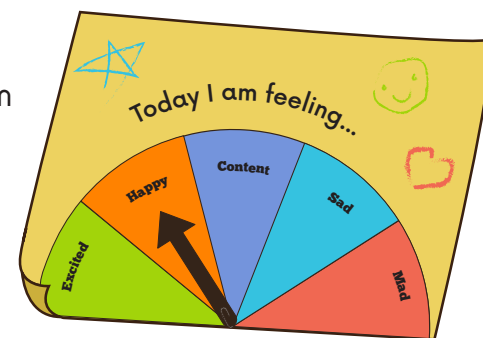
What you'll need:

- 8 1/2 x 11 paper
- Crayons or markers
- Scissors
- Glue
- Construction paper
- Paper Clip



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the My Feelings Meter.
2. Have your child color in the different sections of the meter and the arrow.
3. Cut out the half circle of the meter and the arrow. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the half circle of the meter and the arrow. If they are not ready to use scissors, you can hold their hand and cut the pieces together.
4. Have your child glue the meter on to a piece of construction paper.
5. Help your child attach the arrow to the meter with the paperclip.
6. Now you are ready to Play With a Purpose! Ask your child to move the arrow so that it is pointing to their current feeling. Take advantage of this opportunity to talk with your child about what makes them happy or sad. Recognizing feelings is an important school readiness skill.

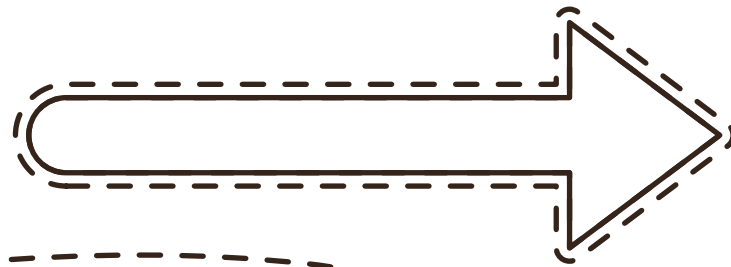


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22 Relating to Others
24 Following Directions
26 Developing Emotional Well-being

DIY Feelings Meter



Today I am feeling...



Content

Happy

Sad

Excited

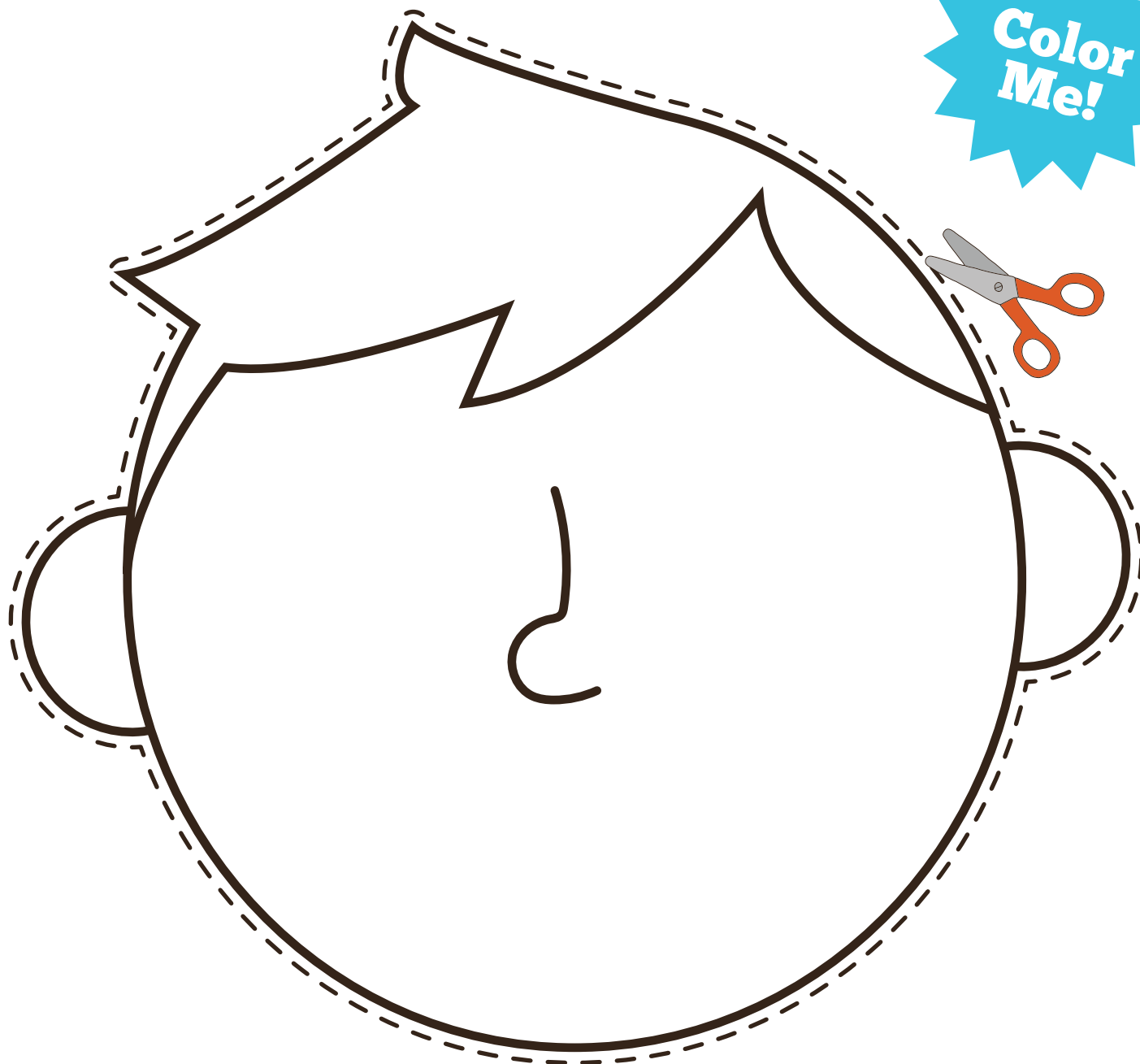
Mad



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Create-a-Face

Have your child cut out the parts of the face and sort the eyes, eyebrows, and mouths. Then help your child create different faces. Talk with them about the different emotions on the face and try swapping out features to see what happens when a frown is turned upside down!



18 Sorting Items
22 Relating to Others
26 Developing Emotional Well-being



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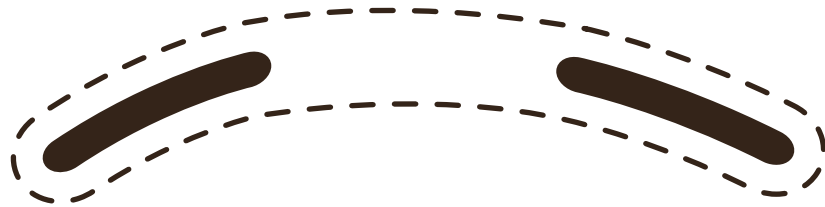
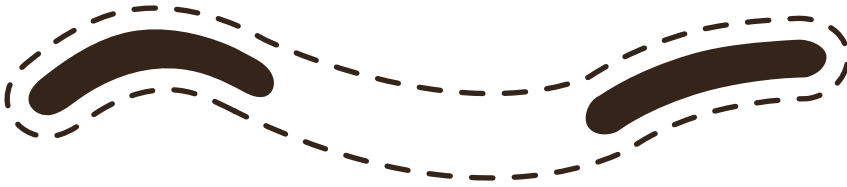
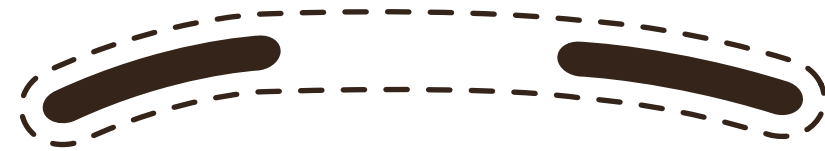
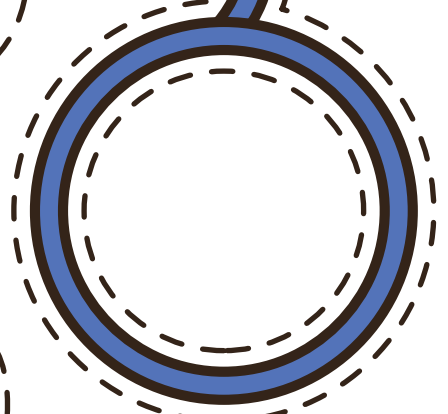
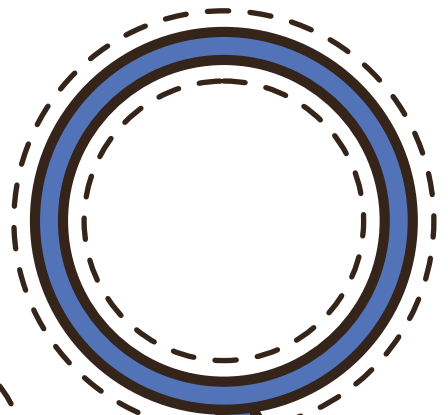
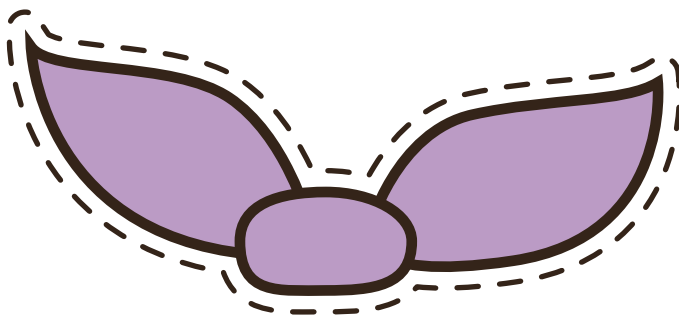
**Color
Me!**



18 Sorting Items
22 Relating to Others
26 Developing Emotional Well-being



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18 Sorting Items
22 Relating to Others
26 Developing Emotional Well-being

THE MINDFUL LION

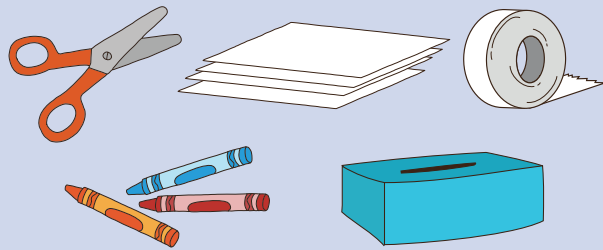
Help your child understand their feelings by sharing their sensations with their very own Mindful Lion.



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24 Following Directions
26 Developing Emotional Well-being



What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- Tape, glue, or paste
- 8 1/2 x 11 white paper (for printing)
- Any size tissue box



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INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the Mindful Lion face on the other page of this document.
2. Color in the lion and lion mane with crayons, colored pencils, or markers.
3. Cut out the lion's face along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the lion's face and mindful slips. If they are not ready to use scissors, you can hold their hand and cut out the lion together.
4. Attach the top half of the lion's face to the tissue box above the opening of the box using tape, glue, or paste.
5. Attach the bottom half of the lion's face to the tissue box below the opening of the box using tape, glue, or paste.
6. Attach the lion's mane to the tissue box around the top part of the lion's face using tape, glue, or paste.
7. Practice mindfulness with your child by completing the mindful slips. Then, ask them to feed the slips to the Mindful Lion by putting the slips into the lion's mouth.

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I enjoy the sound of:

A soft texture I enjoy is:

I love to eat:

My favorite thing to see is:

I'm happy when I:

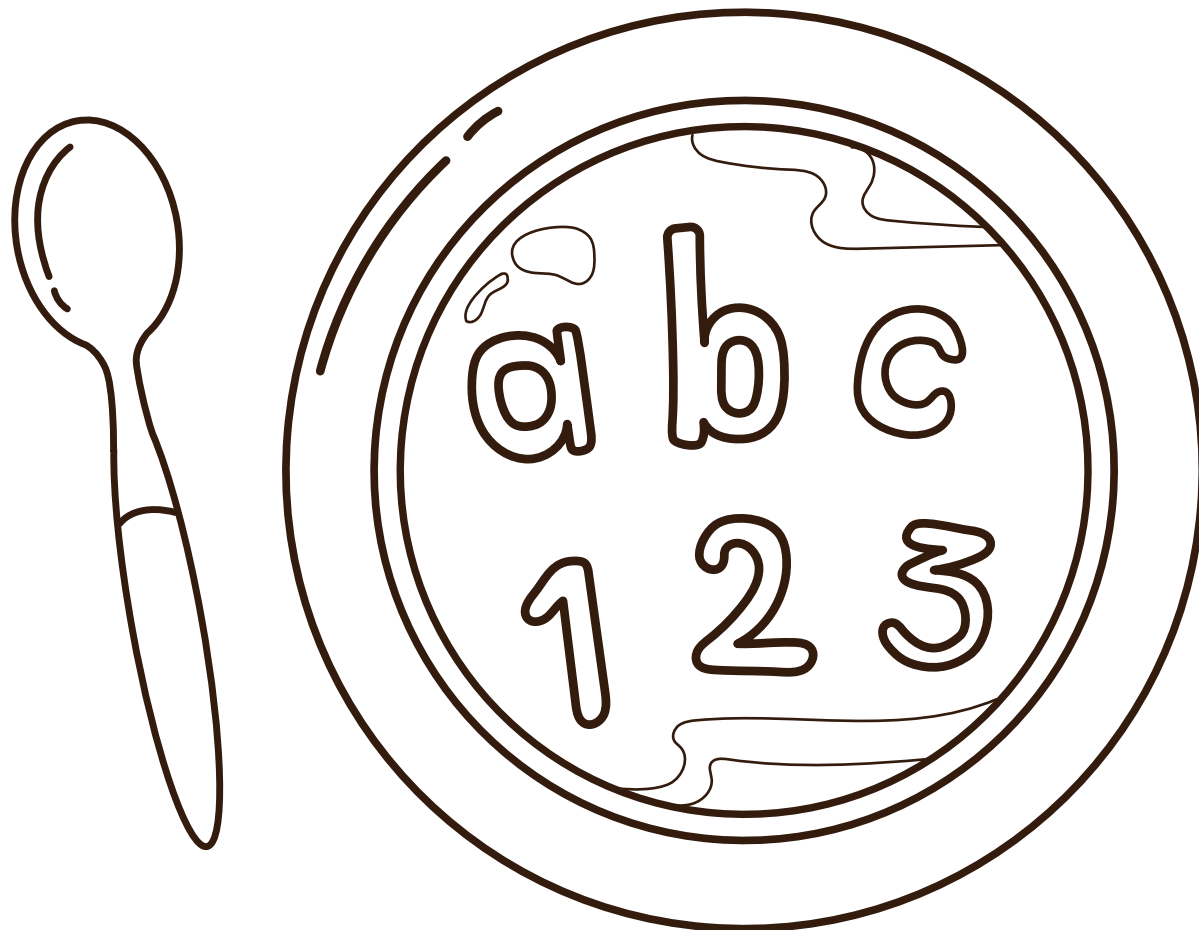
It makes me sad when:

ALPHABET SOUP BREATHING EXERCISE



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This alphabet soup activity will help your child learn mindfulness and understand their feelings by practicing their breathing while blowing on this hot bowl of soup.



1. Help your child practice their long breaths by taking in a deep breath and holding it as they trace the entire length of the placemat with their finger. Then have your child blow out their long breath as they trace the placemat for a second time. Repeat.

2. Help your child practice their short breaths by taking a deep breath and blowing out three quick short breaths as they tap the letters a, b, and c. Repeat.

3. Help your child practice their short breaths by taking a deep breath and blowing out three quick short breaths as they tap the numbers 1, 2, and 3. Repeat.

4. Help your child practice their breathing by combining steps one, two, and three in quick succession.

***Bonus activity:** Coloring is also a mindful activity. Color your placemat and bowl of soup.

