



Flourish

STUDENT WORKBOOK
2-3

A COMPANION TO

Flourish: The Compassionate Schools Project Curriculum 2-3



Flourish

STUDENT WORKBOOK 2-3



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For more information about the Compassionate Schools Project, visit www.compassionschools.org

www.pureedgeinc.org

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Unit 1

COMPASSION



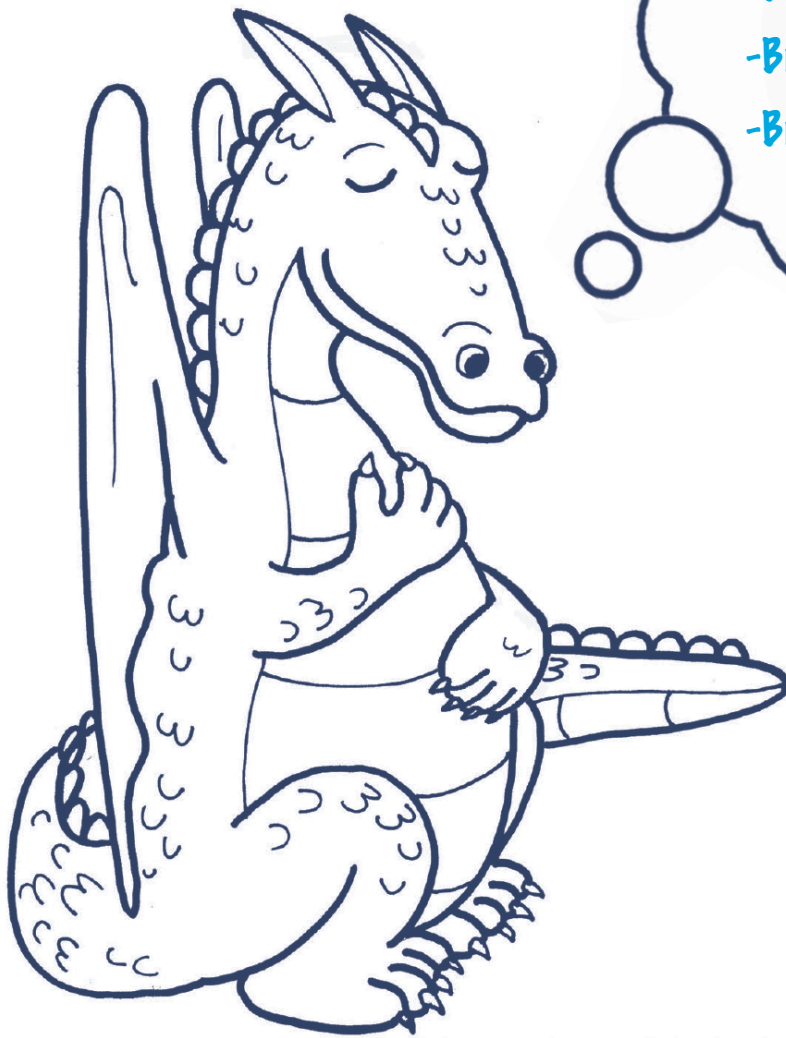
Unit 1 Journal

Compassion is...



UNIT 1 MINDFUL MOMENT PRACTICE

Calming Breaths



Place your hands
on your Anchors.

- Breathe in, breathe out.
- Breathe in, breathe out.
- Breathe in, breathe out.



Write or draw at least one way you can show compassion for others.



Write or draw at least one way you can show compassion for yourself.



A Dog's Day



What happens next?

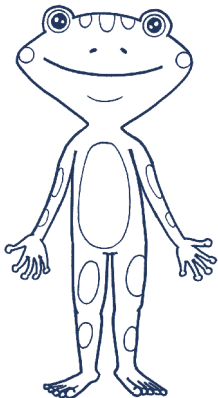
How can we create a compassionate classroom community?

**Draw what a compassionate classroom community would look like,
sound like, and feel like to you.**



UNIT 1 MINDFUL MOVEMENT PRACTICE

My favorite mindful movement is:



Unit 1 Take-Home Practices

Lesson 1

Listen to your body! Notice any messages your body gives you before the next time we meet. How does it tell you that you are thirsty? Hungry? Tired? How can you care for your body?

Lesson 3

Tell someone at home the story of the lost puppy. Explain to them what you would do to help the puppy if you found it.

Lesson 2

Investigate! Choose a character you see on TV or read about in a book who is having a hard time. Is there something they need? How could someone show compassion for them?

Lesson 4

Find a chance to show compassion! Identify a way you can show compassion in your home, school, or community (no matter how big or small). Is there something you can do to help someone in need? Ask a grown-up for help if needed.



Unit 2

SELF-AWARENESS



Unit 2 Journal

I feel proud when...





Thumbs Up



Lesson 1

Lesson 2

Lesson 3

Lesson 4



Thumbs Up



Lesson 5

Lesson 6

Lesson 7



Thumbs Up



Use this space to practice drawing
your own facial expressions for emotions.

Feeling My Best

I feel happy when...

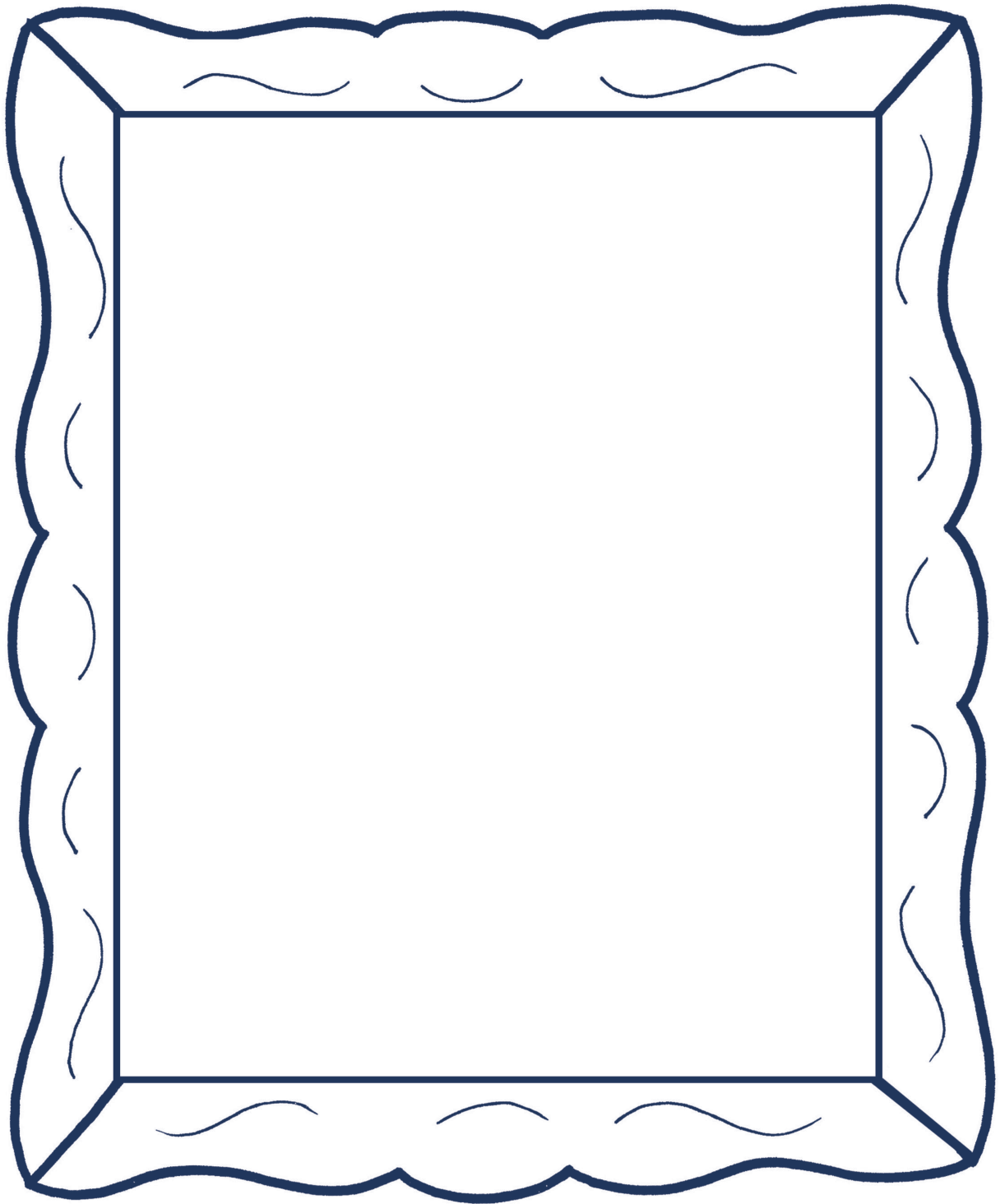
I feel proud of myself when...

I feel healthy and strong when...

I feel safe and cared for when...

Visualizing My Best Self

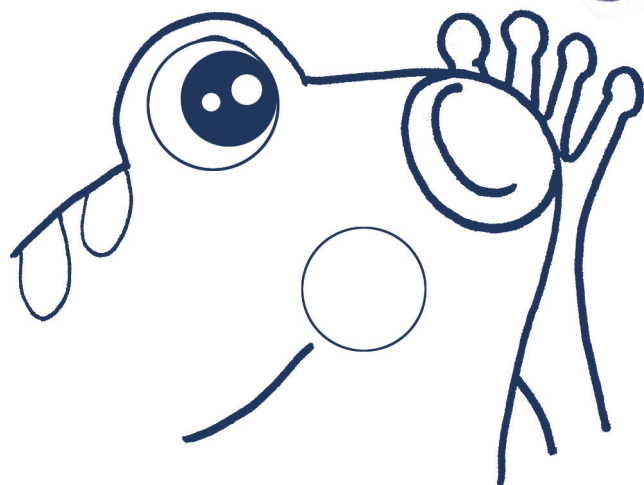
Draw a picture of your best self! What do you look like when you're feeling your best?
Where are you? Who are you with? What are you doing?



UNIT 2 MINDFUL MOMENT PRACTICE

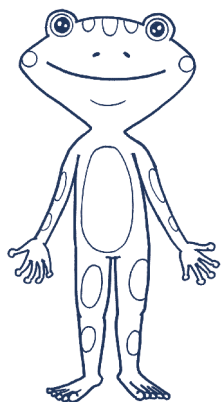
Senses Check-In

Tune in to your senses.
Notice 3 things you can see.
Notice 2 things you can hear.
Notice 1 thing you can
touch or feel.



UNIT 2 MINDFUL MOVEMENT PRACTICE

My favorite mindful movement is:



Unit 2 Take-Home Practices

Lesson 1

Play a version of **Mood Masks** with a family member. Think of an emotion and create an emotional facial expression. See if your family member can guess the emotion. Notice which expressions are easy to guess and which are more challenging.

Lesson 4

Show a family member facial expressions for emotions. Ask them to guess what emotion you are showing.

Lesson 5

Ask someone in your family when they feel like their best self. Share with them a time when you feel like your best self.

Lesson 2

Find a picture of a character in a story or book that you like. What emotion are they showing on their face and in their body language? What do you think triggered this emotion?

Lesson 6

Practice being present on your way home today. Can you notice anything you haven't noticed before?

Lesson 3

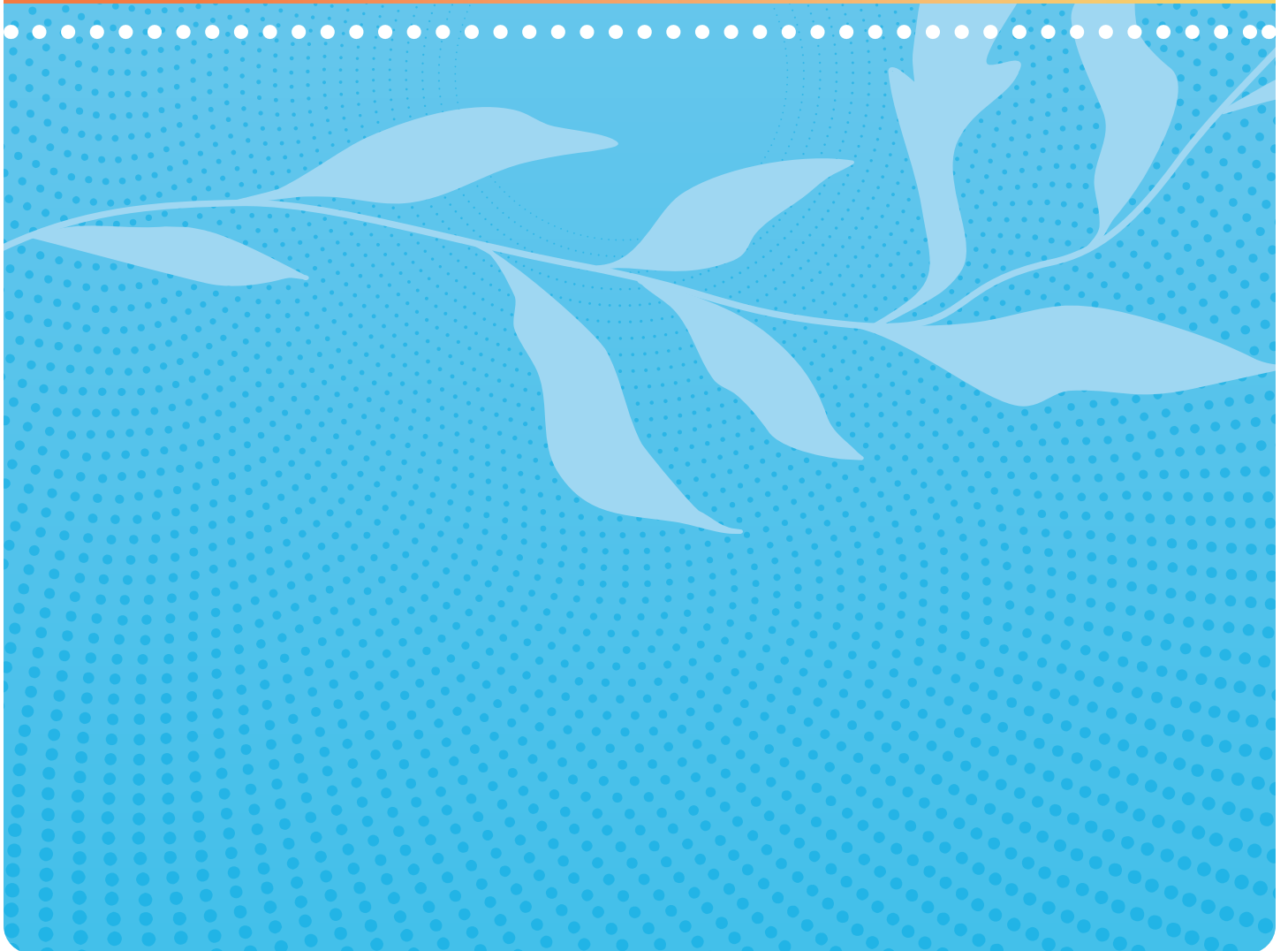
Before dinner tonight, see if you can remember which emotions you felt today. How many different emotions did you feel? Which ones were comfortable and which ones were uncomfortable? Ask a family member which emotions they felt during their day.

Lesson 7

Ask your friends and family to share one thing they think you are good at.

Unit 3

SELF-MANAGEMENT



Unit 3 Journal

I can practice being my best self by...



Your Presence is Requested!



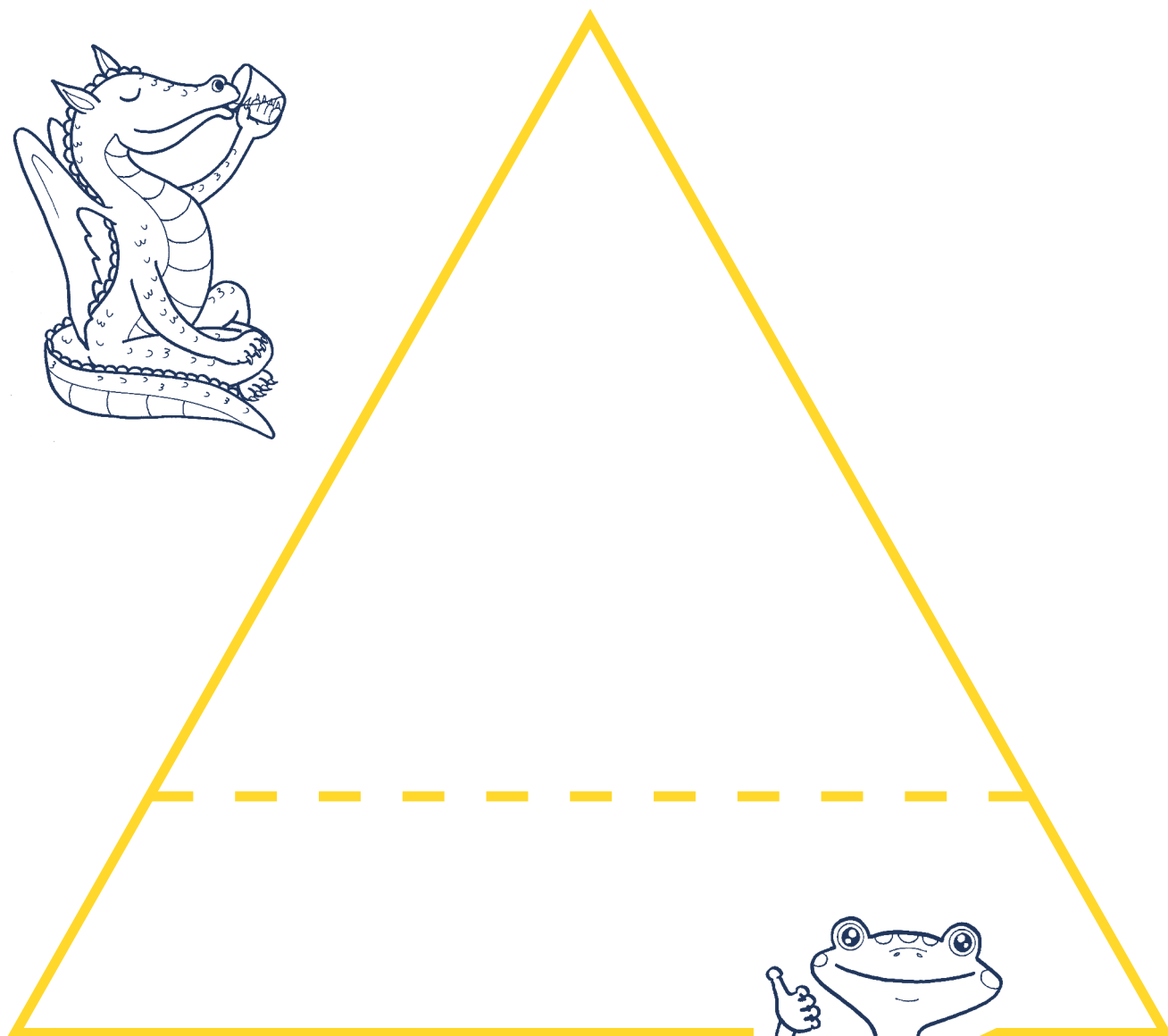
How Can You Be Your Best Self?



Fill in the 4 Ps!

1. Be P _____
2. P _____
3. P _____
4. P _____

My Drink Pyramid



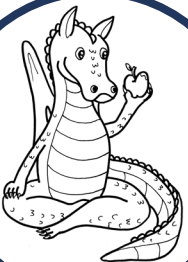
Create a drink pyramid. At the bottom, add the drink your body needs most every day. Add more layers with the drinks you would choose only at meals, only sometimes, or as a special treat.



I drink this whenever I'm thirsty.

*<https://kyoralhealthcoalition.org/oral-health-a-key-piece-of-health-literacy-month/>

My Best Self Strategies



I Can Take a Pause

A large, light blue rectangular area divided into three horizontal sections by two horizontal lines, intended for a student to draw or write.

Thank You



Thank you
for your
presence

UNIT 3 MINDFUL MOMENT PRACTICE

Even-In, Even-Out Breath



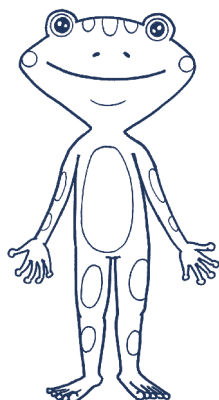
Breathe in for a
count of 3.
Breathe out for a
count of 3.
Repeat a few times.

How do you feel?



UNIT 3 MINDFUL MOVEMENT PRACTICE

My favorite mindful movement is:



Unit 3 Take-Home Practices

Lesson 1

Teach someone at home a game that you played today. Explain to them how being present during the game shows care for themselves and others.

Lesson 5

Practice pausing by taking a walk outdoors. Make up a game, such as deciding that every time you see a bird you will take a pause and be present.

Lesson 2

Identify two activities you can practice participating more in at home and at school.

Lesson 6

Find someone you know who could use a laugh! Teach them Lion's Breath and talk about a time when you could use it to release a strong emotion.

Lesson 3

Teach someone in your family one way to "press pause."

Lesson 4

To practice taking a pause before making drink choices, take a minute to think about the drink pyramid. Does your drink choice fit with what the drink pyramid suggests?

Lesson 7

Decide on a few strategies that will help you take a pause and be your best self. Talk to someone at home about how they can help you take a pause when you need it.

Unit 4



SOCIAL AWARENESS PART 1



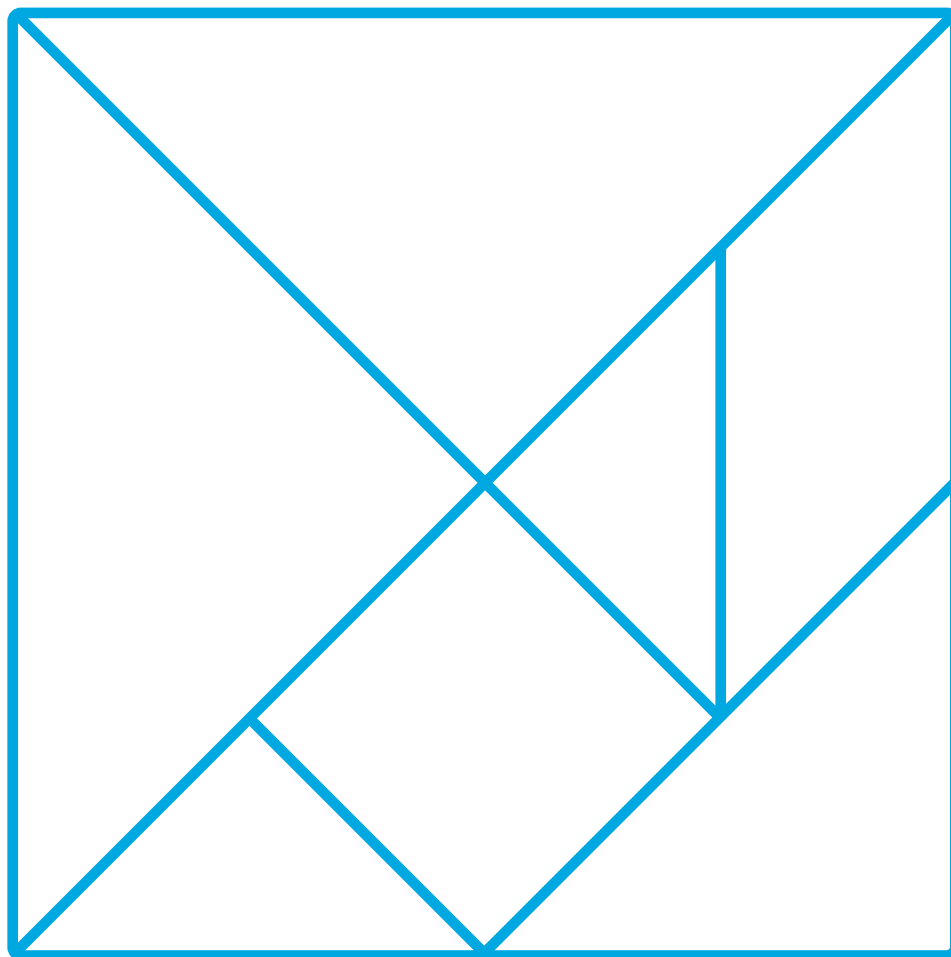
EMPATHY AND PERSPECTIVE TAKING

Unit 4 Journal

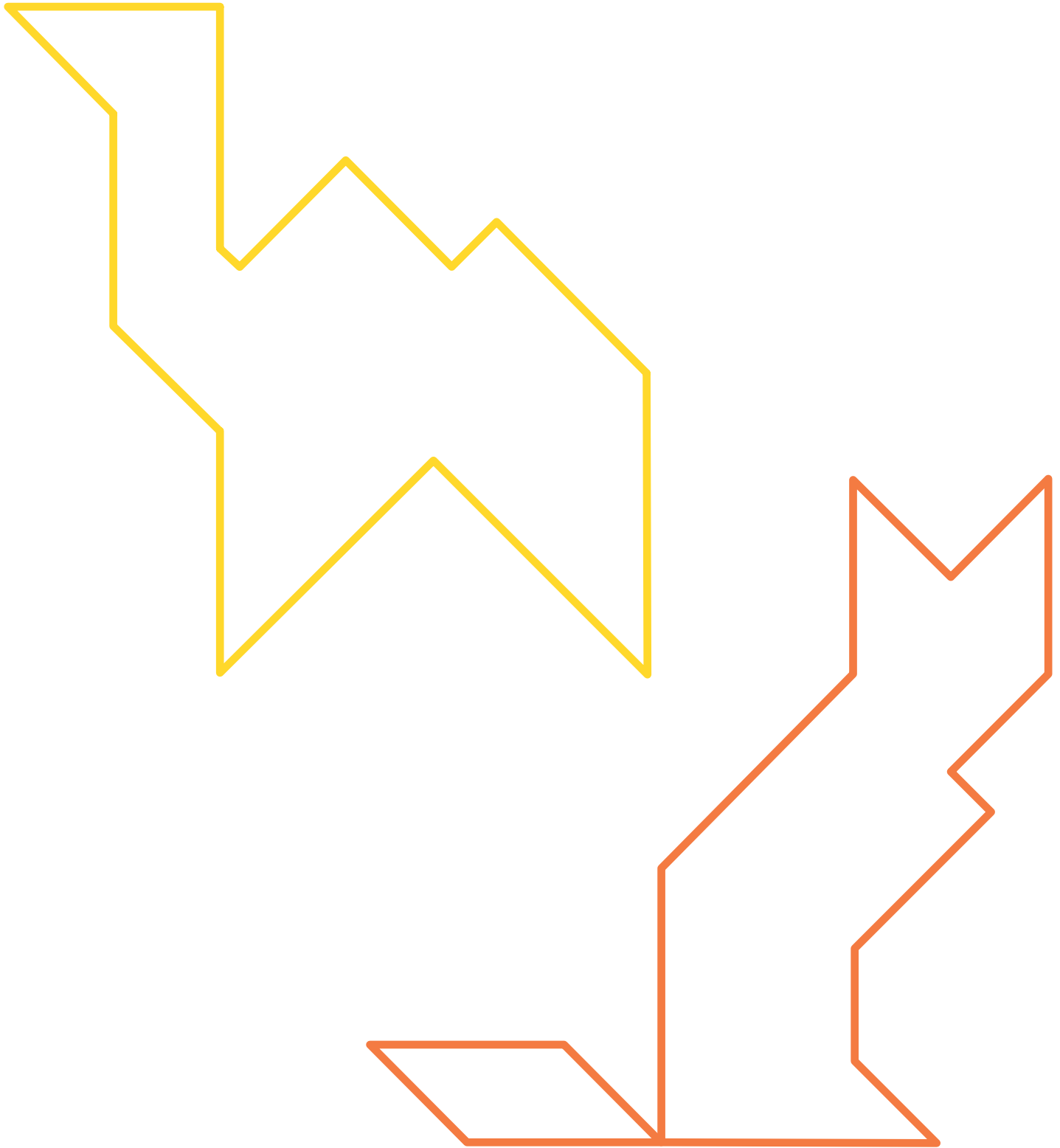
A person I want to learn more about is...



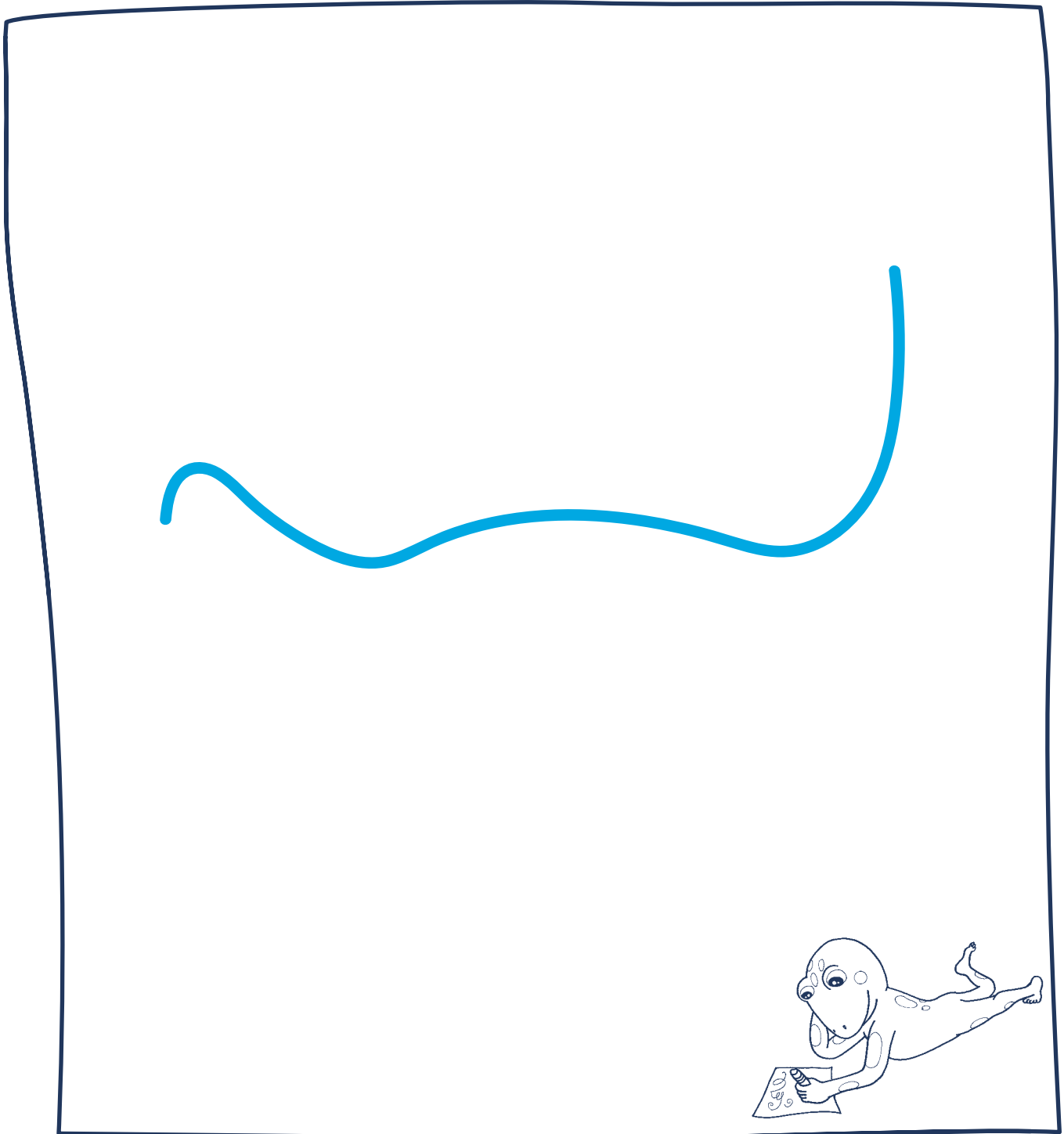
Tangrams



Tangrams



Unfinished Business

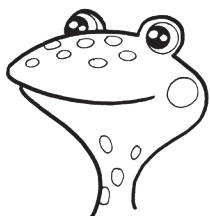


"Once I was _____ and I saw _____."

Gratitude and Appreciation

**Write about or draw someone
you appreciate...**





Points of View



Do you like sports? Which ones?

YOU

PARTNER

What type of music do you like?

YOU

PARTNER

What subjects are challenging for you?

YOU

PARTNER

What is important to your family?

YOU

PARTNER

Where do you like to play?

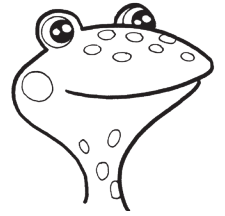
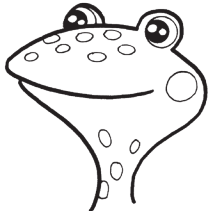
YOU

PARTNER

What activities make you feel happy?

YOU

PARTNER



Points of View

Your point of view

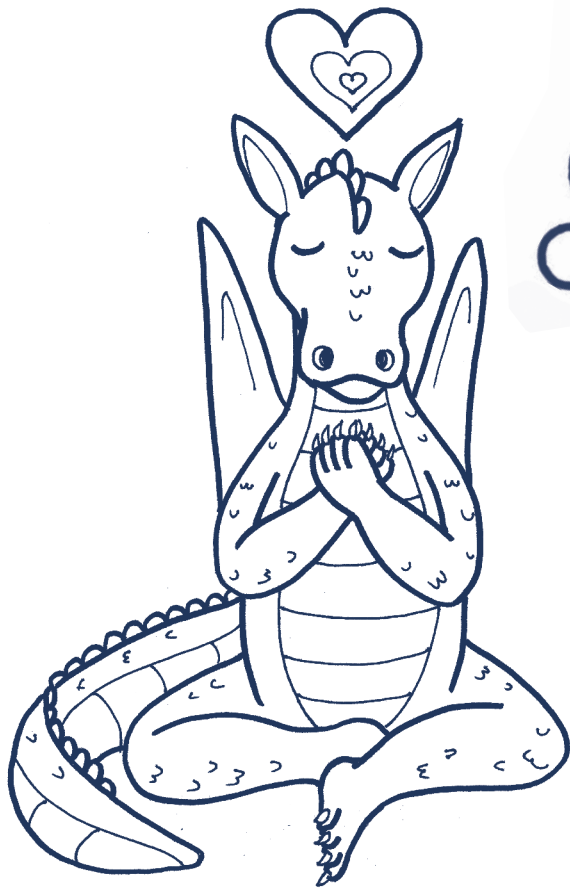
Shared point of view

Partner's point of view

UNIT 4 MINDFUL MOMENT PRACTICE

Kind Mind Practice

In your kind mind, picture someone you know. Think or say kind words for this person:



May you have everything you need.

May you be healthy and safe.

I hope you laugh and have fun.

I hope you know you are important.

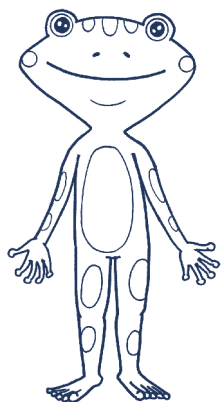
What other kind words can you add?



Keep Practicing!

UNIT 4 MINDFUL MOVEMENT PRACTICE

My favorite mindful movement is:



Unit 4 Take-Home Practices

Lesson 1

What is your favorite season: winter, spring, summer, or fall? Find someone whose favorite season is different and ask them to tell you why. Can you see why a person might choose that as their favorite? Why?

Lesson 2

Spread a giggle today! Think of what brings joy to the people in your family. Without teasing, try to make someone in your family smile or laugh today.

Lesson 3

Ask someone who lives with you to silently think of three words to describe your home while you do the same. Then share your answers with each other. Were they similar or different? Talk about the reasons you each chose those words.

Lesson 4

Ask someone at home what they think is the best way to relax. Then tell them your ideas. Do you have different points of view?

Lesson 5

Try to understand someone else's point of view by putting yourself in their shoes.

Lesson 6

Identify an opportunity for compromise in something you see on TV, in a book, or in your own life with a friend or family member. Practice your compromise skills to find possible solutions. Then share your compromise by telling a family member what you learned.

Unit 5

RELATIONSHIP SKILLS

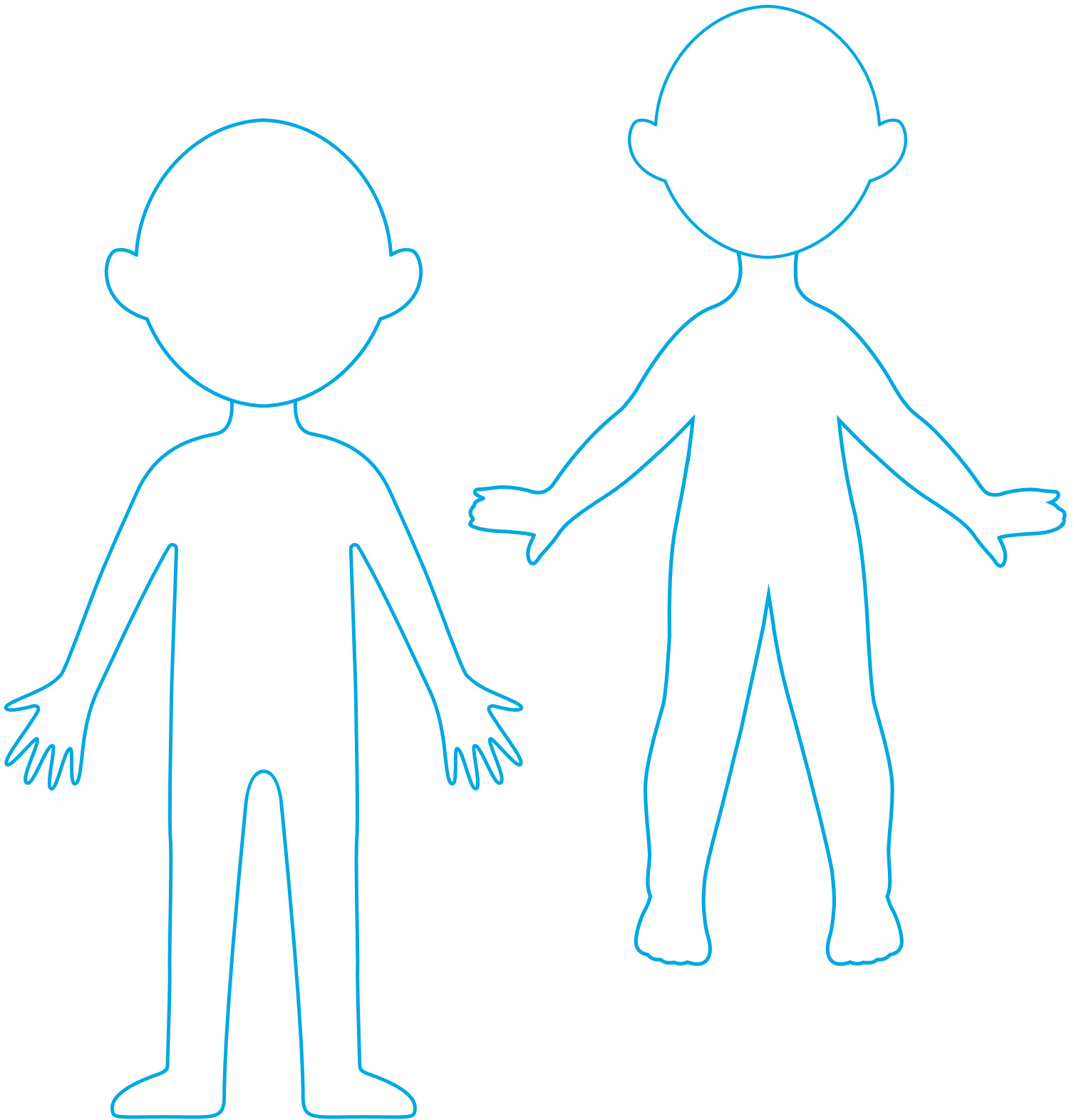


Unit 5 Journal

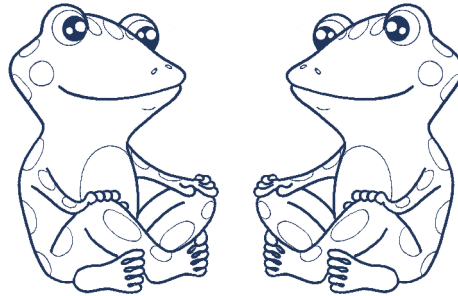
I am a good friend when...



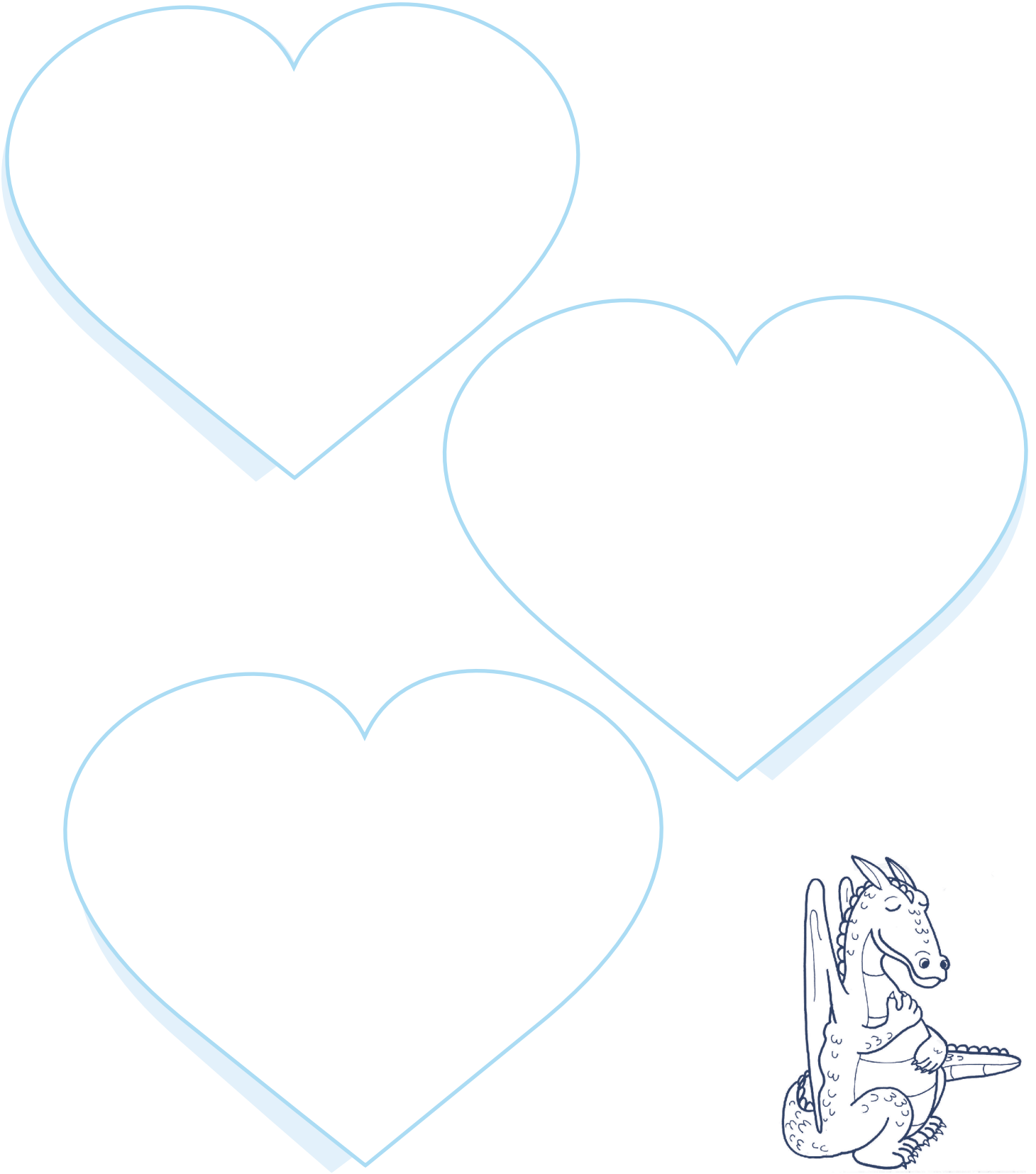
How Do You Draw a Friend?



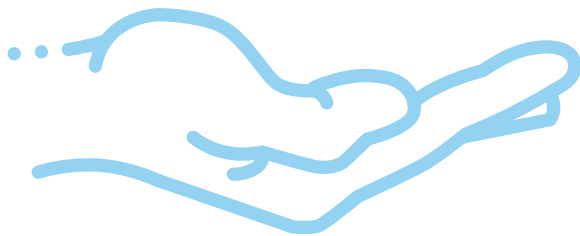
Partner Agreements



How Can I Be a Friend to My Body?



Eating With Your Hands



Communicating with Care

I can give a compliment.

I can show appreciation.

I can apologize.

I can share my feelings.



Our Friendship Pose



UNIT 5 MINDFUL MOMENT PRACTICE

Take 5 Breath

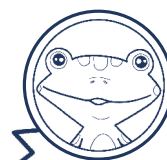


Breathe in as you
trace your finger up.

Breathe out as you
trace your finger down.

Trace each finger.

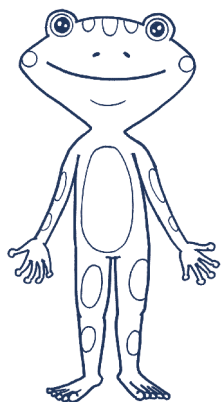
How do you feel after
Take 5 Breath?



Keep
Practicing!

UNIT 5 MINDFUL MOVEMENT PRACTICE

My favorite mindful movement is:



Unit 5 Take-Home Practices

Lesson 1

At school or home, notice someone being a good friend. What do they do?

Lesson 5

Practice listening with a friend or family member. Ask them to tell you about the best part of their day and really listen to the answer. Practice making eye contact and check in to make sure you heard and understood them.

Lesson 2

Practice cooperating with a friend or family member. Find a way to work together like a team to get something done or solve a problem. Need ideas? Work together on a chore with a family member or partner up with a friend on a creative project.

Lesson 6

At home, share kind words with someone by giving them a compliment. How does it feel to give a compliment? How do you think it feels to receive one?

Lesson 3

Use your hands to be a friend by sharing or helping.

Lesson 7

Ask a family member to listen while you tell them about a good friend. What does your friend do or say to show you friendship? Invite them to tell you about one of their good friends.

Lesson 4

Teach someone in your family the hand model for healthier serving sizes. Try to use it as a guide for a snack. Are your serving sizes the same or different?

Lesson 8

Teach your new friendship pose to another person. How do you use your whole self in the pose to be a friend?

Unit 6



SOCIAL AWARENESS PART 2



COMMUNITY



Unit 6 Journal

My community is special because...



I Belong Postcard Planner

I belong to many communities.

Write your message
of belonging here.



Name

Street

Neighborhood

City

State, Zip Code

Region of the Country

Country

Continent

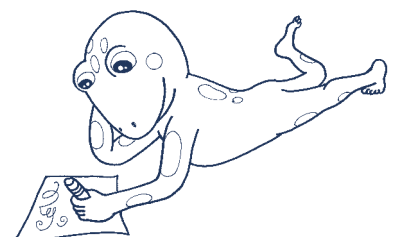
Planet

Galaxy

Draw a picture of yourself making a
contribution to your community...

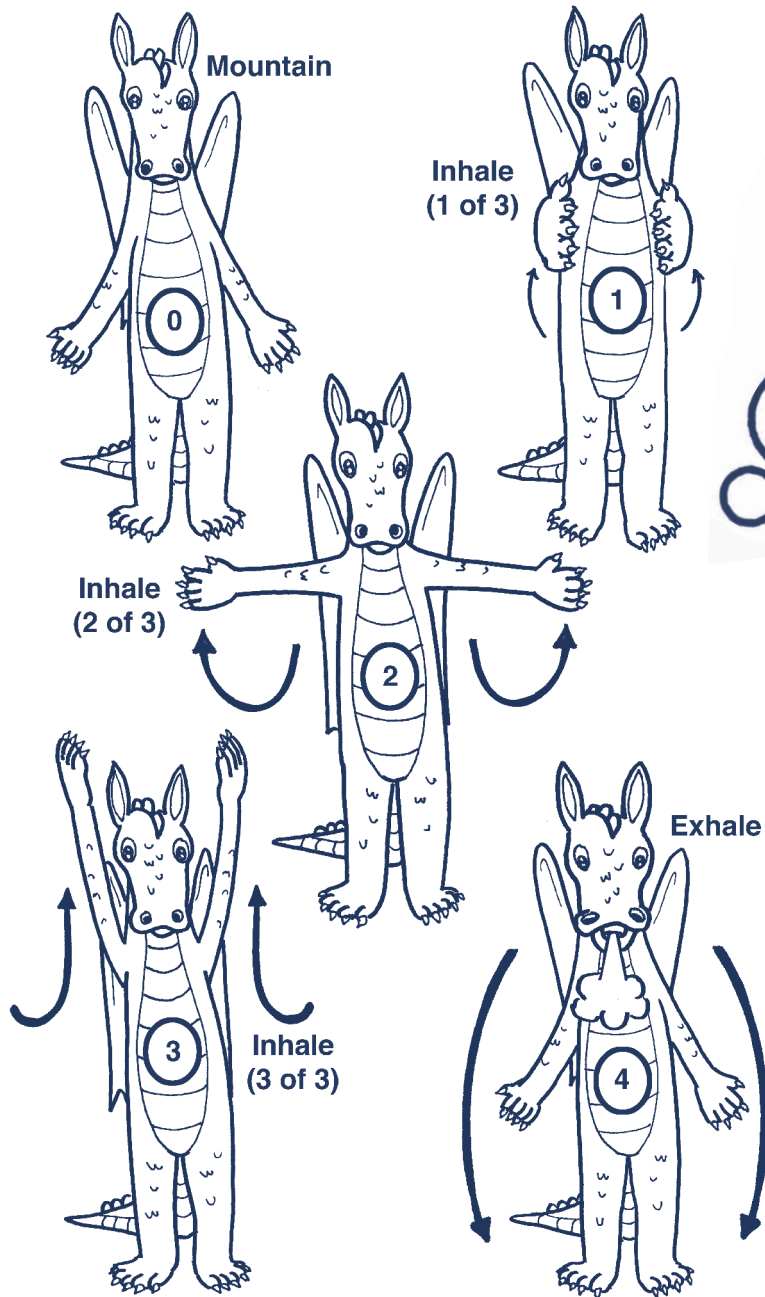


Draw an image of your hopes for a healthy,
strong, and compassionate school community...



UNIT 6 MINDFUL MOMENT PRACTICE

Breath of Joy



Take three quick breaths
in as you swing your arms
forward, to your sides,
and up overhead.

Breathe out with a sigh
as you swing your
arms down.

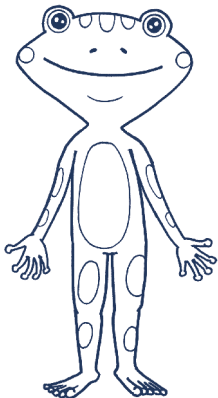
Practice Breath of Joy as
many times as you like. Then,
think of one way you will
share joy with others in your
community.



Keep
Practicing!

UNIT 6 MINDFUL MOVEMENT PRACTICE

My favorite mindful movement is:



Unit 6 Take-Home Practices



Lesson 1

This week pay attention to the diversity of the food you eat and the communities you belong to.



Lesson 4

Find an example of collaboration in your community. How are people working together? How do they contribute?



Lesson 2

Talk to your family about all of the communities and groups you are part of. See how many you can identify.



Lesson 5

Practice making a caring contribution by sharing kind words with someone in your community.



Lesson 3

What foods are important in your community? Tonight ask your family to tell you about some foods that are important to your family and your culture.



Lesson 6

Investigate compassion in your community. What community needs do you see? What is your community doing about those needs?



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