

Flourish

STUDENT WORKBOOK
K-1

A COMPANION TO

Flourish: The Compassionate Schools Project Curriculum K-1



Flourish

STUDENT WORKBOOK K-1

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

www.pureedgeinc.org

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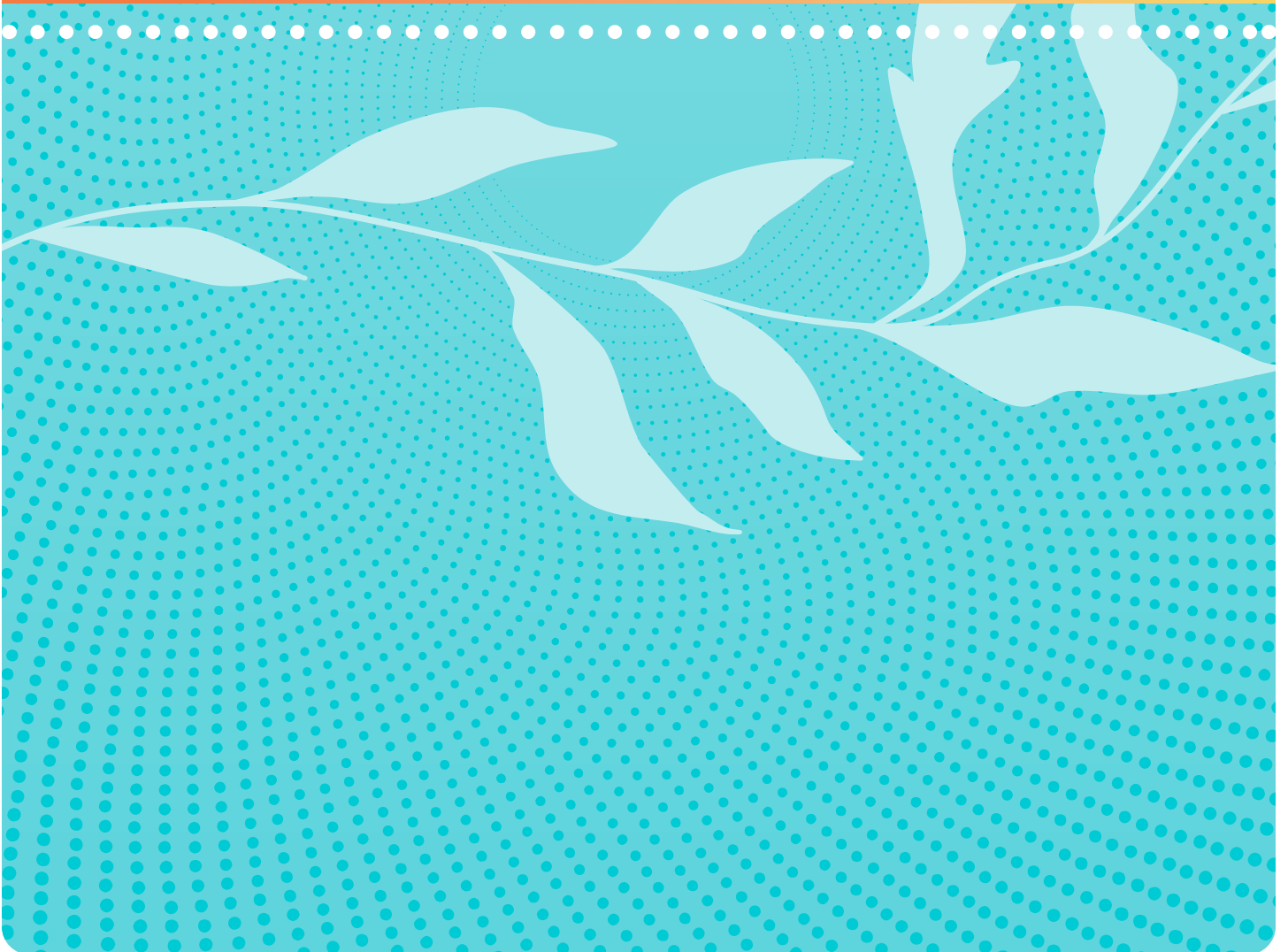
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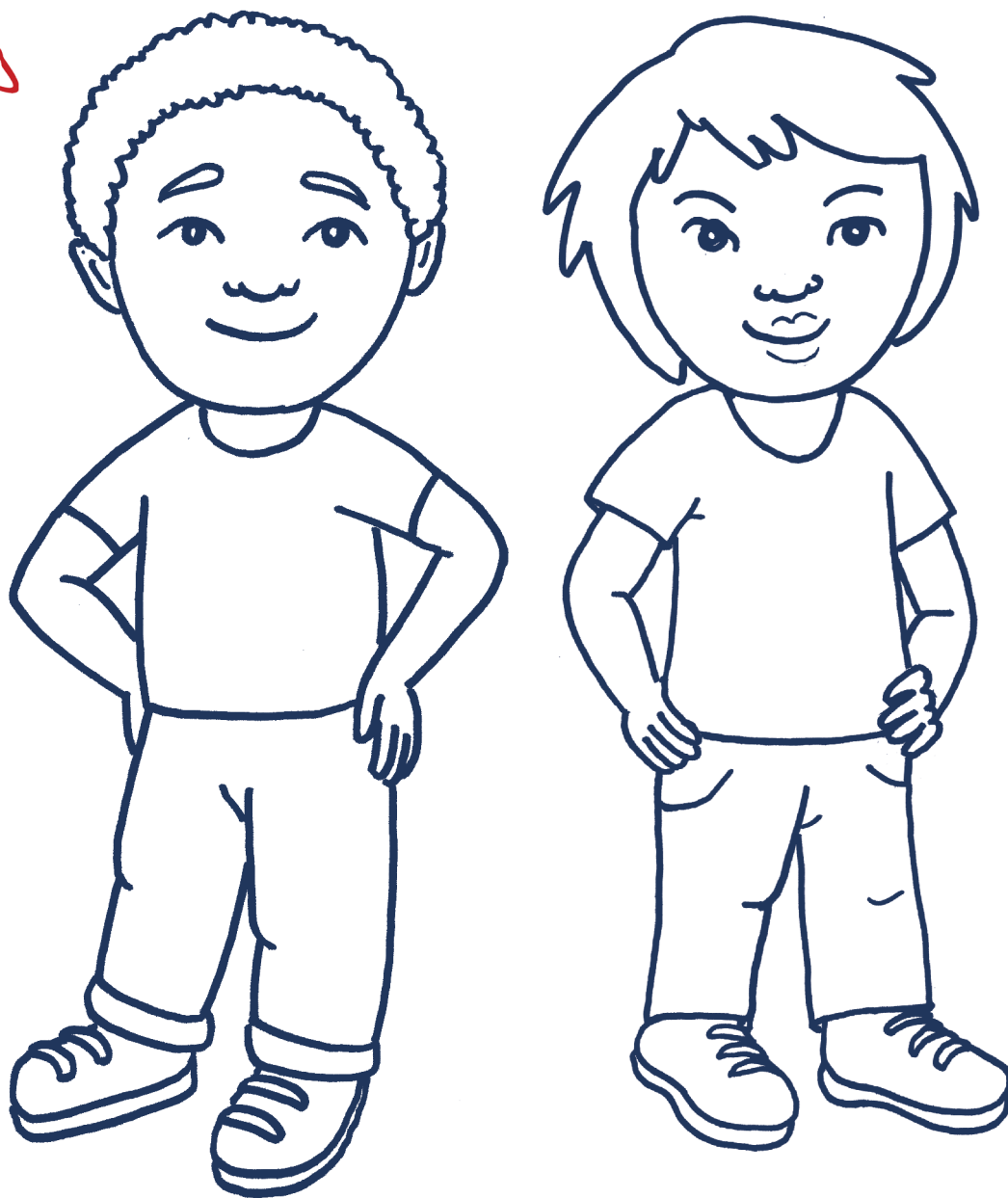
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Unit 1

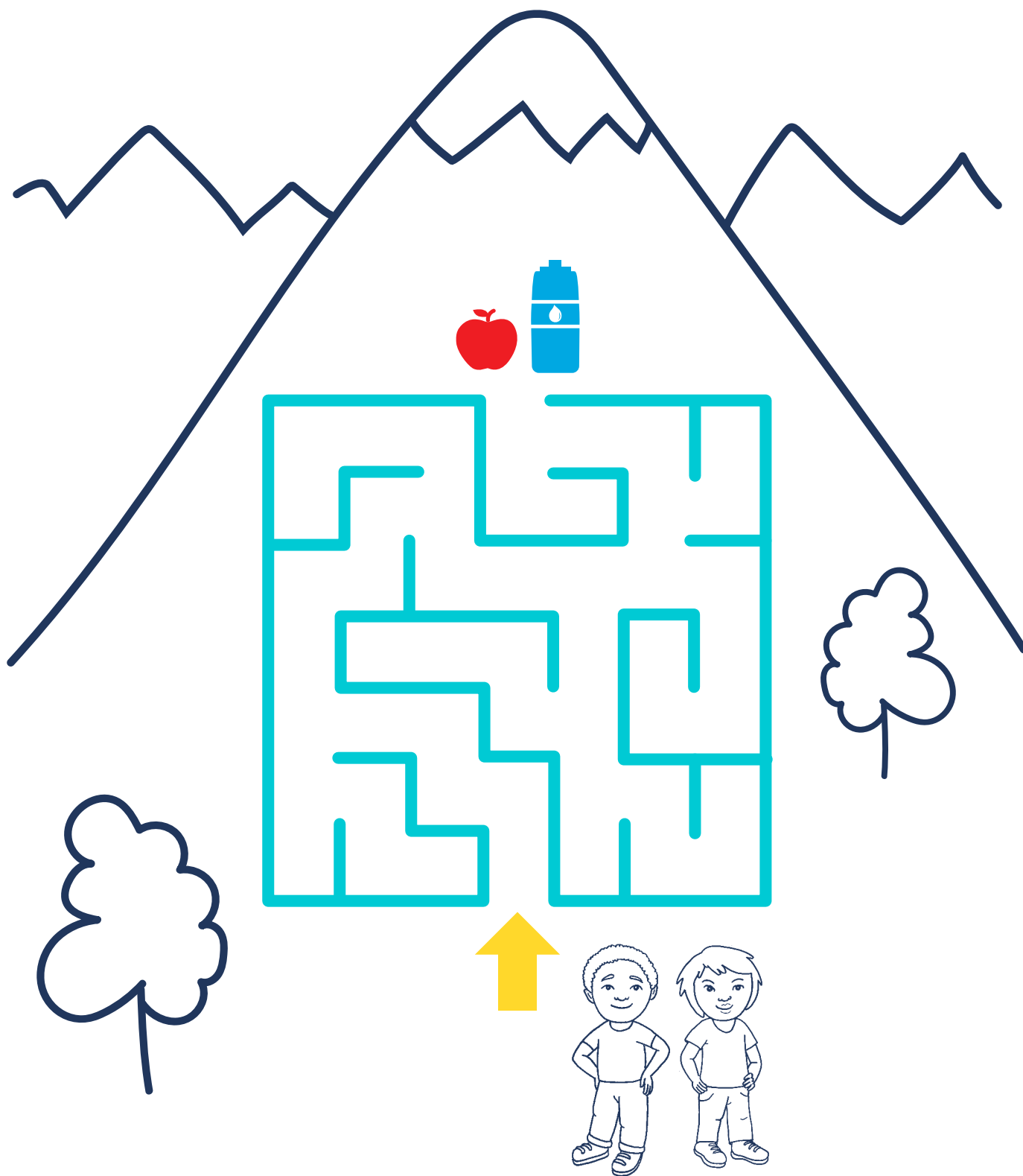
COMPASSION



Michael and Maria



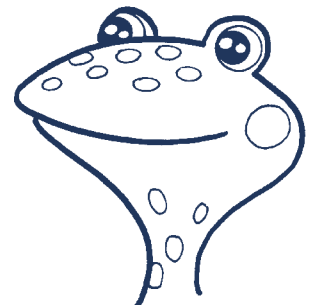
Help Michael and Maria find a healthy snack.



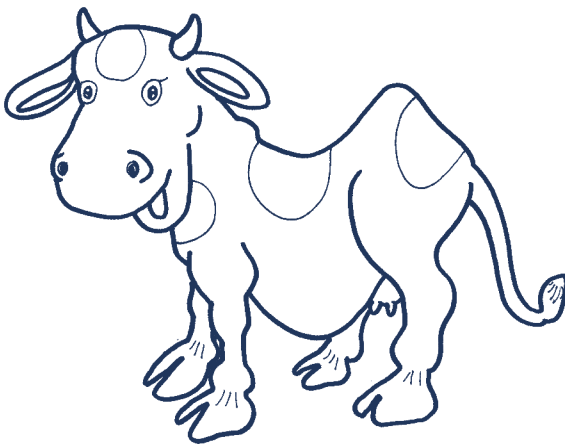
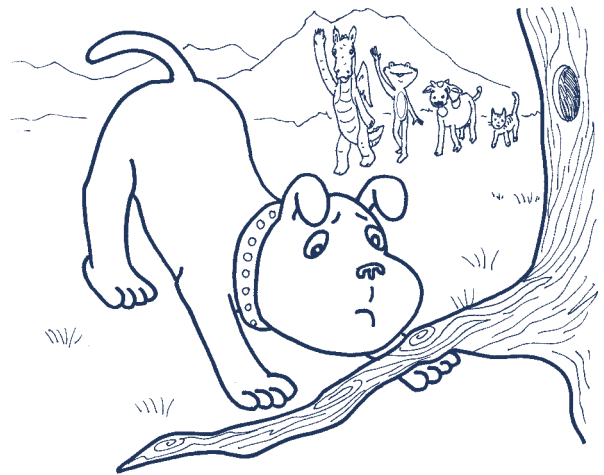
Mirror Mirror



Draw your face
in the mirror.



Circle the character that Michael and Maria helped.



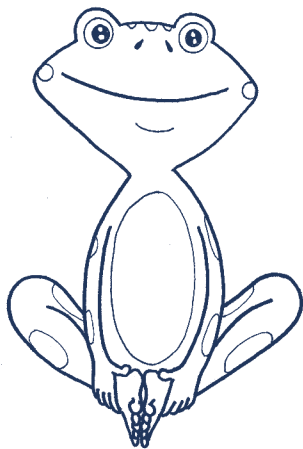
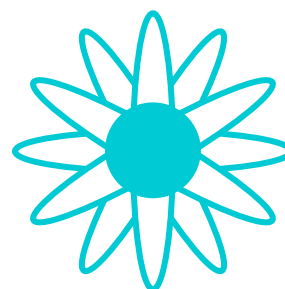
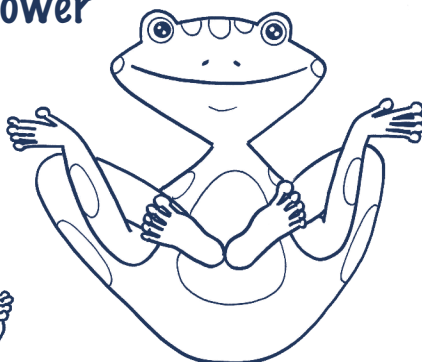
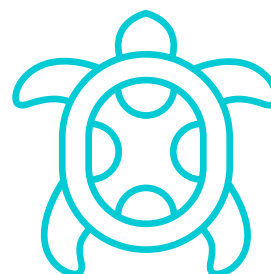
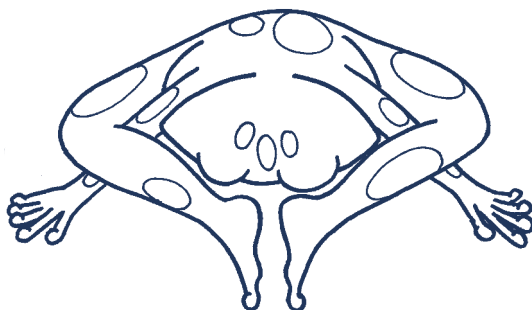
UNIT 1 MINDFUL MOMENT PRACTICE

Rest

When I rest,
I show myself
compassion.



UNIT 1 MINDFUL MOVEMENT PRACTICE

Closing Sequence**Butterfly****Flower****Turtle**

Unit 1 Take-Home Practices

Lesson 1

Can you notice any people around you acting like Michael and Maria by showing care or compassion for someone who needs it?

Lesson 3

Can you spot someone being kind and caring to someone who needs it? Plan to tell the class what you saw.

Lesson 2

Show your body some compassion: Drink plenty of water and eat a healthy snack!

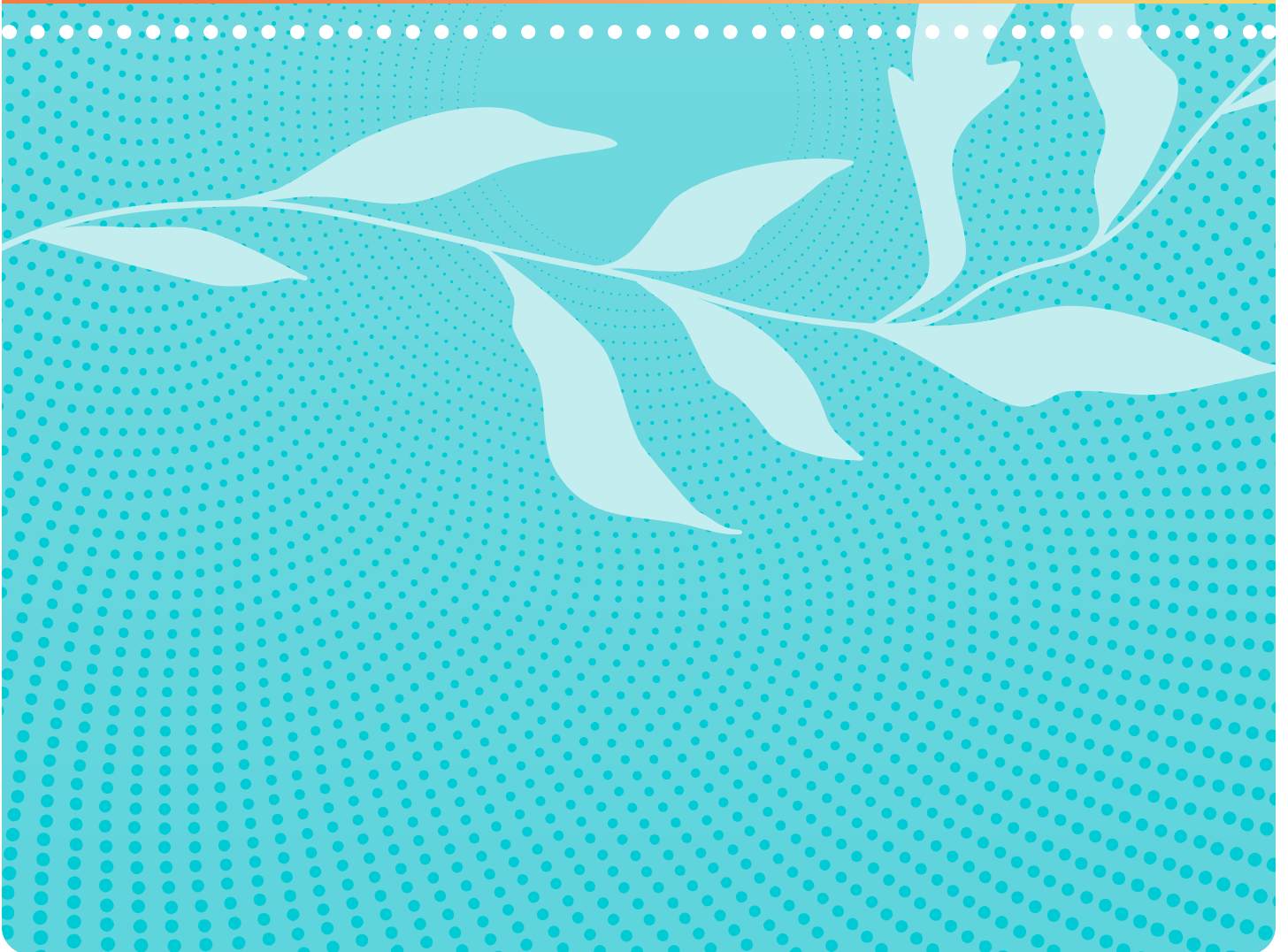
Lesson 4

Be a compassion detective! Try to notice at least one act of kindness each day. Where can you find compassion around you?



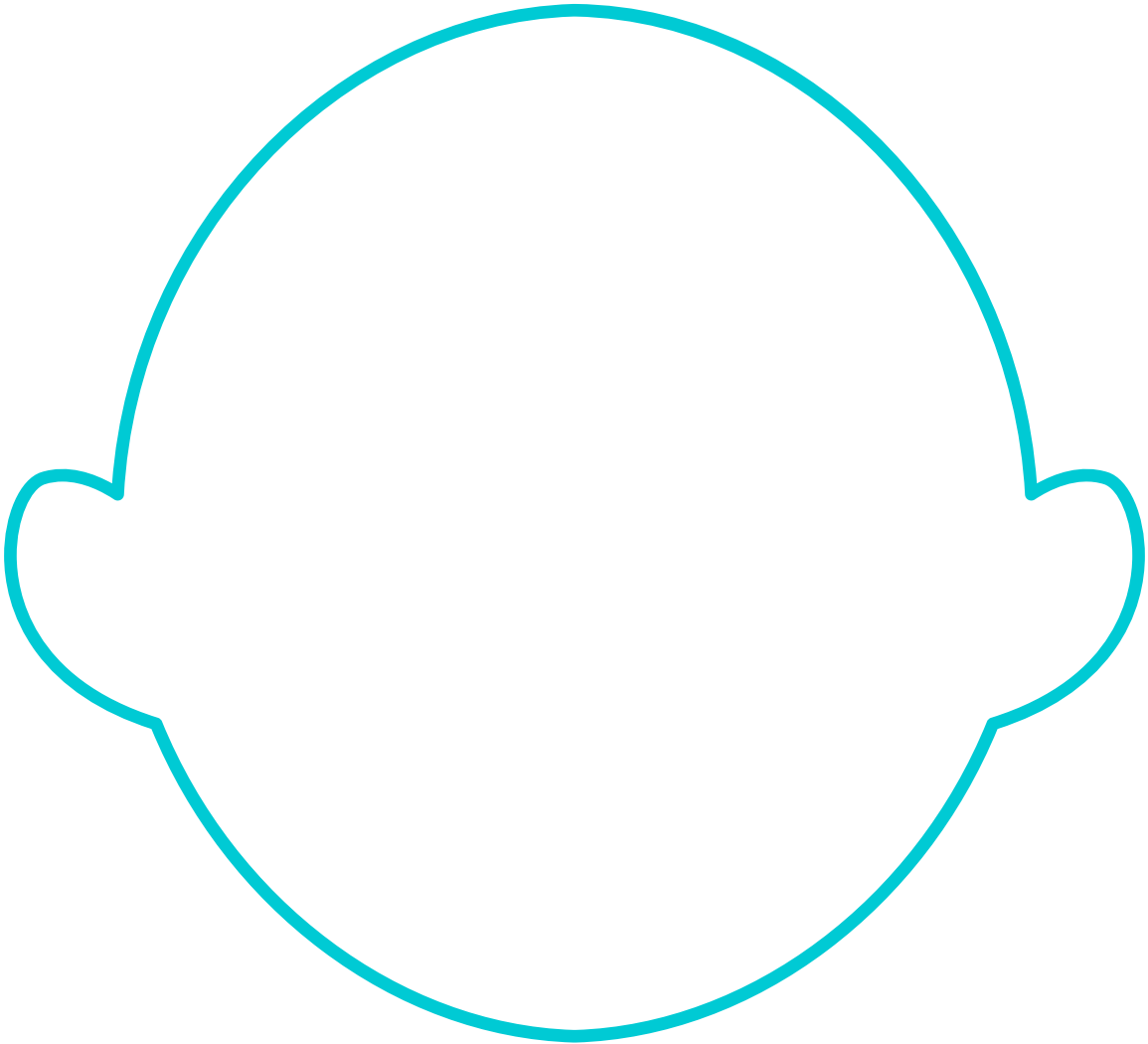
Unit 2

SELF-AWARENESS



Where do you stand?

Draw a feeling that is visiting you today.



AFRICAN SAFARI ADVENTURE



All Feelings Are Okay

Draw a circle around the comfortable feelings.
Draw a line under the uncomfortable feelings.



HAPPY



SAD



ANGRY



EXCITED



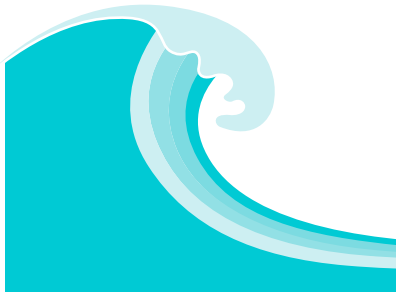
CALM



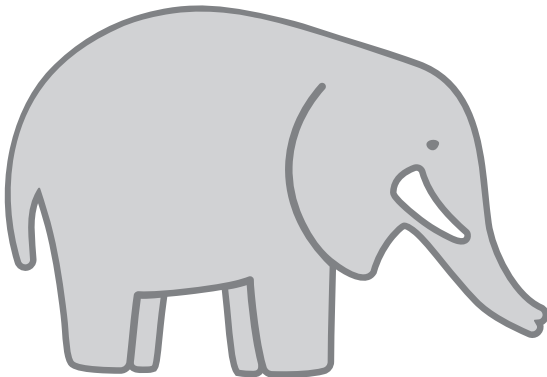
WORRIED

How Would You Feel?

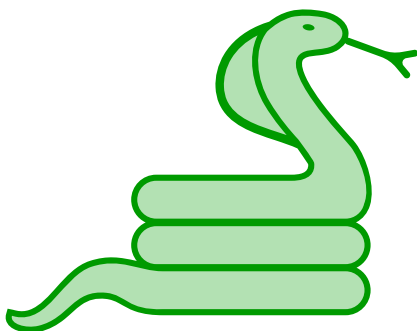
Draw line from the picture to the face that shows how you would feel.



HAPPY



AFRAID



EXCITED

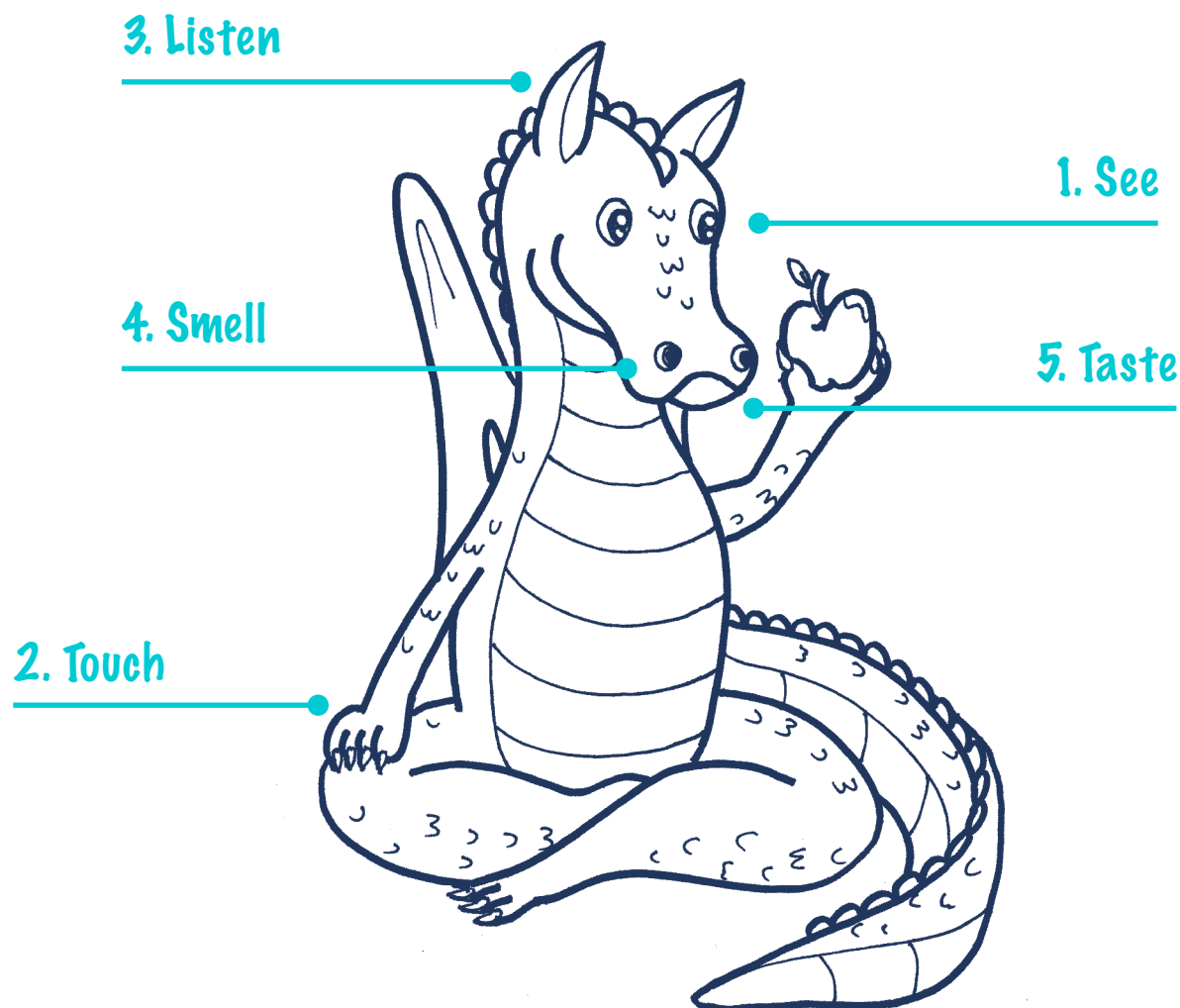


CALM

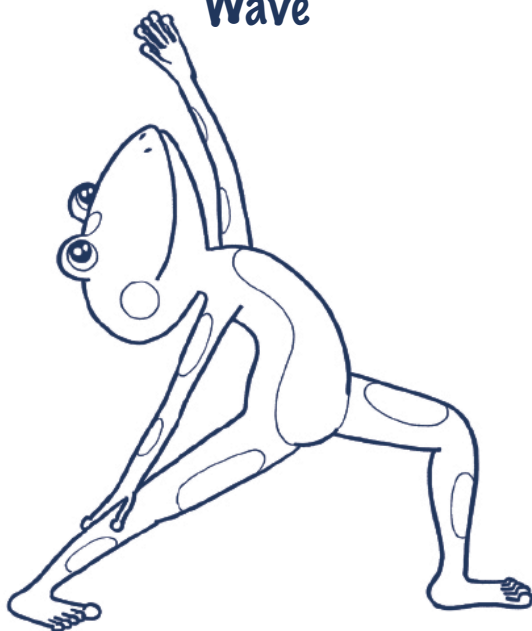
UNIT 2 MINDFUL MOMENT PRACTICE

Mindful Eating

Use your 5 senses.



UNIT 2 MINDFUL MOVEMENT PRACTICE

Surfer and Wave**Surfer****Wave**

Unit 2 Take-Home Practices

Lesson 1

Today, be a feelings detective! Notice one feeling that you experience.

Lesson 4

Be a feelings detective! Find a character on TV or in a book who has a feeling that comes to visit. What experience triggered that feeling?

Lesson 2

Today, be a feelings detective! Take three deep breaths. Do you notice a feeling visiting you? What is the name of the feeling that has come to visit? See if it will tell you what it's all about.

Lesson 5

Be a feelings detective! What do you see or hear outside in nature today? Notice what feelings come to visit in response to what you see and hear.

Lesson 6

Be a feelings detective! When you play and move your body today, notice what feelings come to visit.

Lesson 3

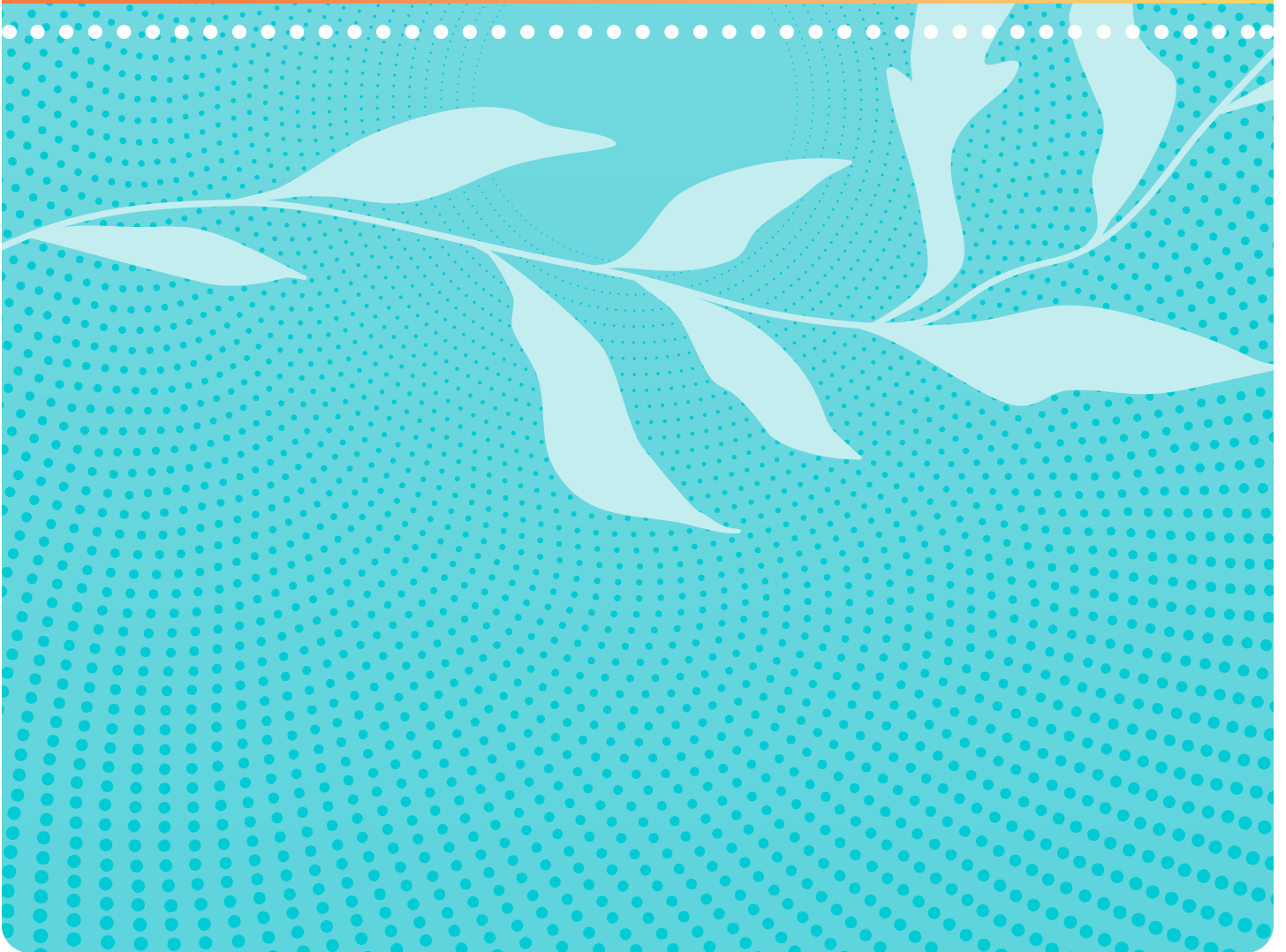
Today, be a feelings detective! Notice when a feeling comes to visit. Be curious about the feeling. Is it comfortable or uncomfortable? Try to describe it.

Lesson 7

Share with a family member what it was like to practice mindful eating and show them how to do it.

Unit 3

SELF-MANAGEMENT

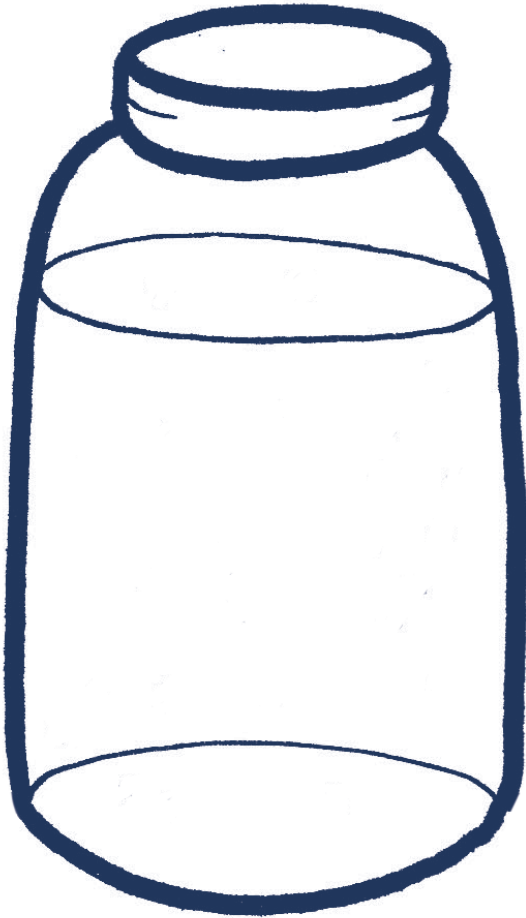


Mr. Montana

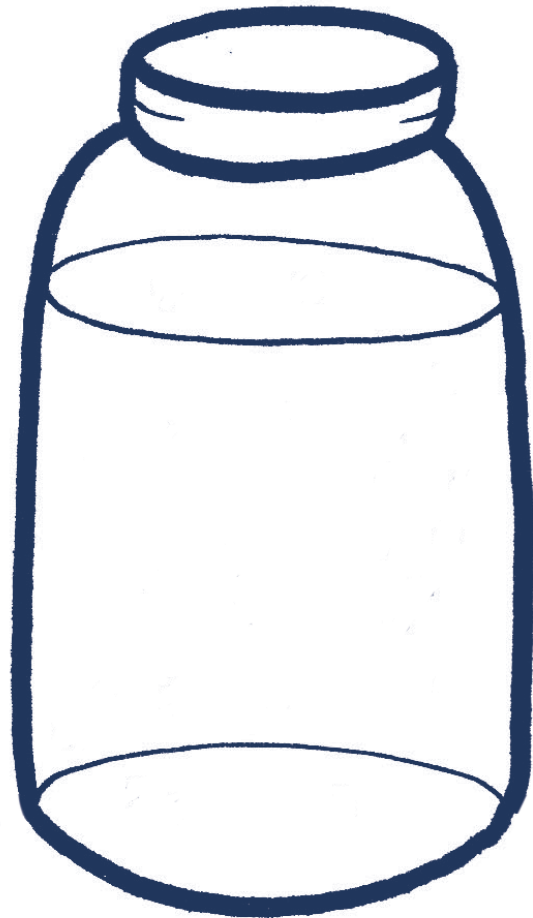


Mind Jar

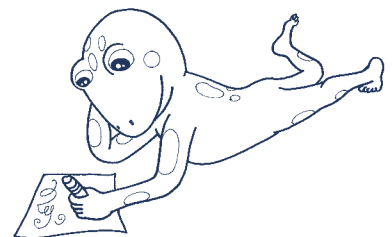
Swirling



Calm

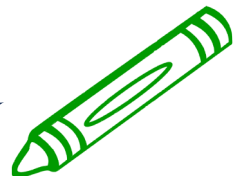
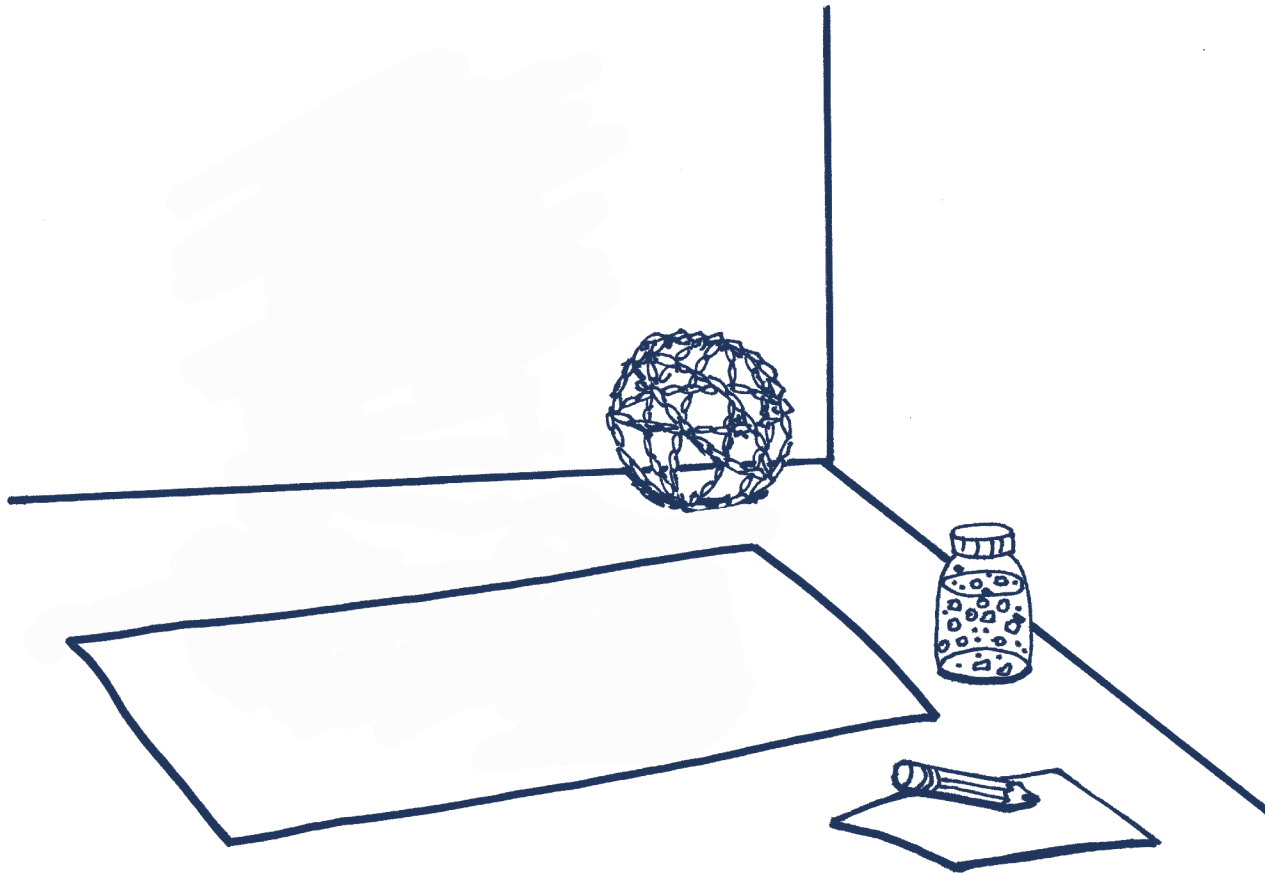


Draw the glitter in the mind jars.



Pause Place

Draw Maria in the Pause Place.
What can she do to feel calm?

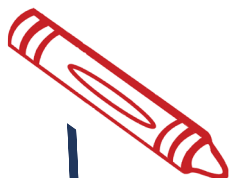




My Best Self



Draw what you are doing
when you feel like your best self.



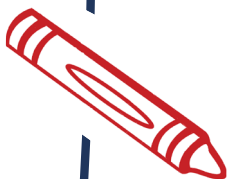
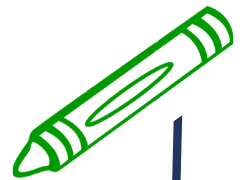


Who Can Help?



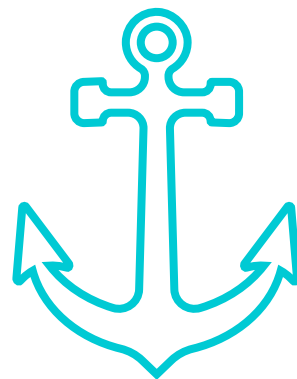
**When you are sad or scared,
who can you ask for help?**

Draw a grown-up you trust.

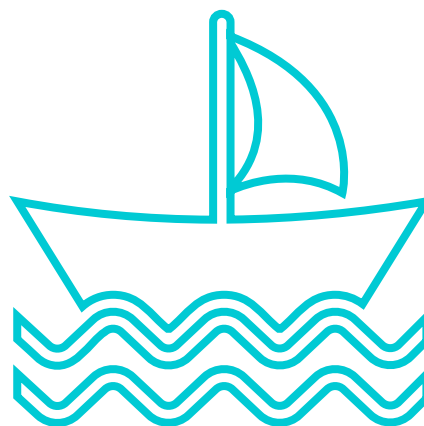
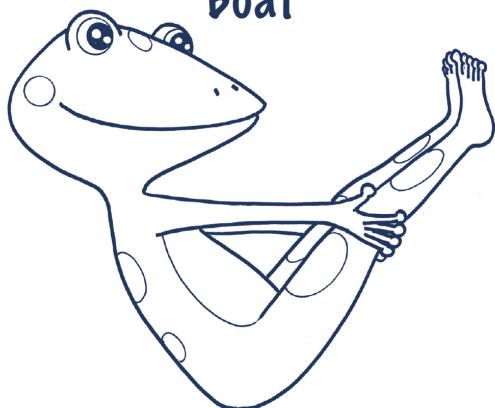


UNIT 3 MINDFUL MOMENT PRACTICE

Anchors



UNIT 3 MINDFUL MOVEMENT PRACTICE

Boat and Tree**Boat****Tree**

Unit 3 Take-Home Practices

Lesson 1

Practice finding your Anchors. Place one hand on your belly and one on your heart. Take three deep breaths. Notice how you feel.

Lesson 4

A big part of being your best self is acting in ways that show care for yourself and others. Ask someone in your family how it feels when they are their best self.

Lesson 2

Use curiosity and kindness to notice when your mind is swirling. Practice taking several deep breaths and notice whether your mind starts to settle.

Lesson 5

Take a pause! If you feel angry or upset at home or at school, practice pausing and taking several deep breaths.

Lesson 3

Tonight before you go to sleep, practice the Wiggle and Relax exercise.

Lesson 6

With the help of an adult in your home, create a place where you can practice pausing when you experience strong feelings.

Lesson 7

Identify one way you want to practice being your best self and share your plan with a family member.

Unit 4



SOCIAL AWARENESS PART 1

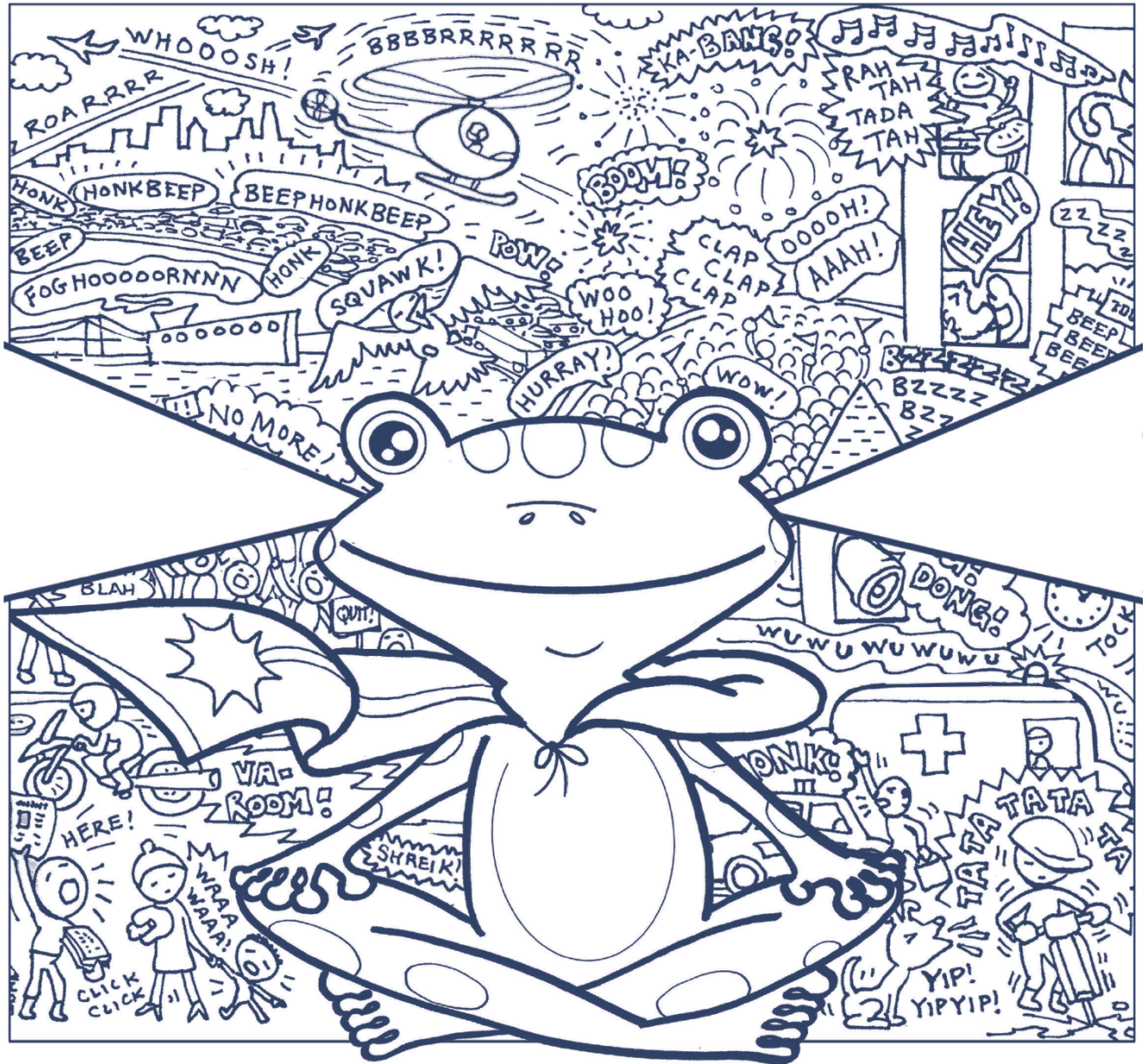


EMPATHY AND PERSPECTIVE TAKING

Sounds

Color comfortable sounds blue. 

Color uncomfortable sounds yellow.

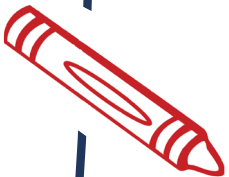


Show a friend.

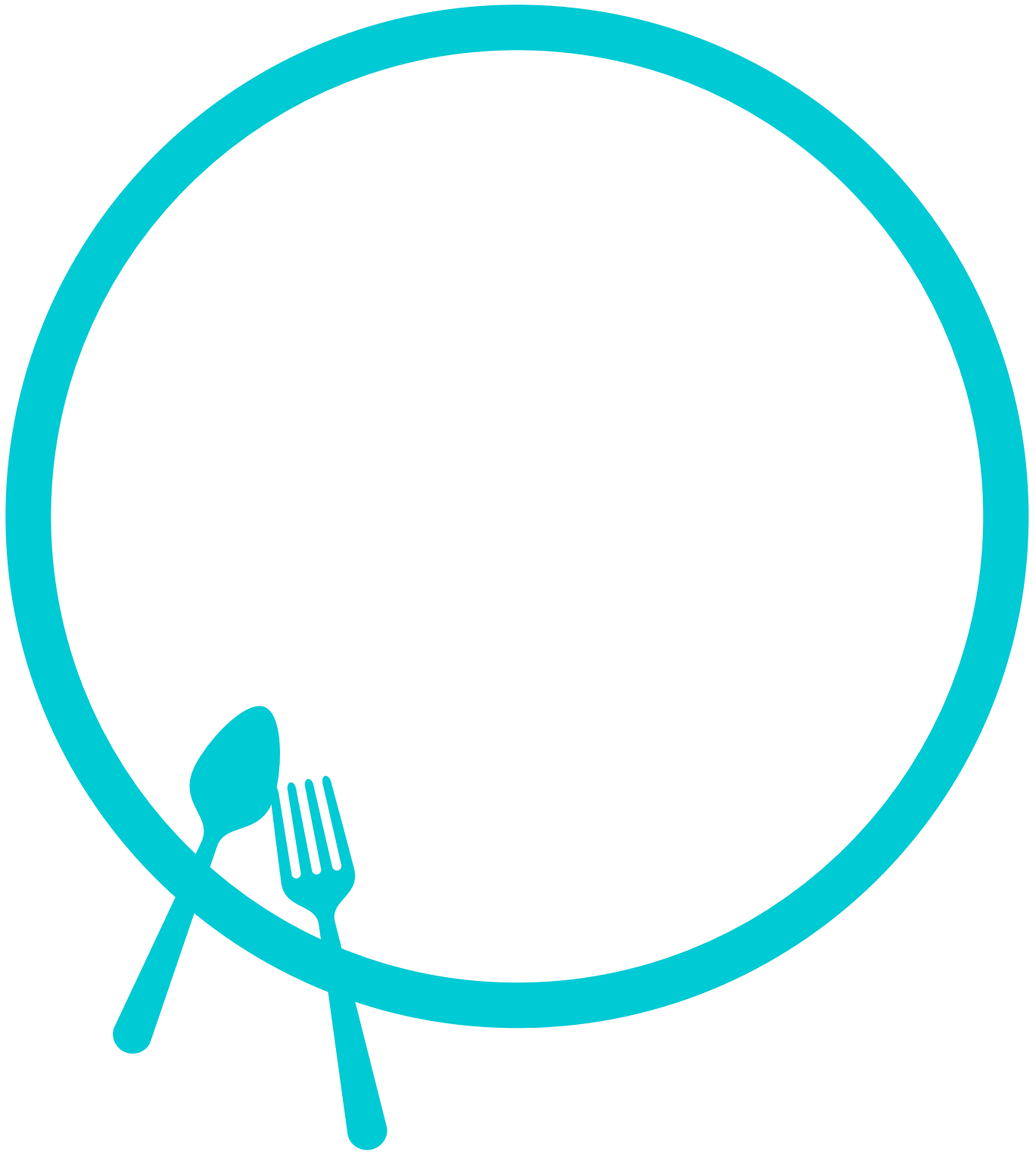
Are their answers the same or different?

My Quiet Place

Imagine and draw a place
that feels safe and calm.



What's Cooking?

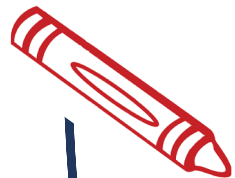
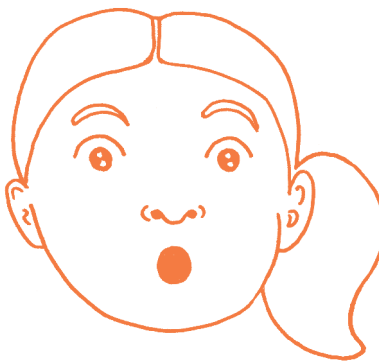


Draw your favorite meal to eat with your family.

Aunt Zazu



Why is this friend
feeling surprised?



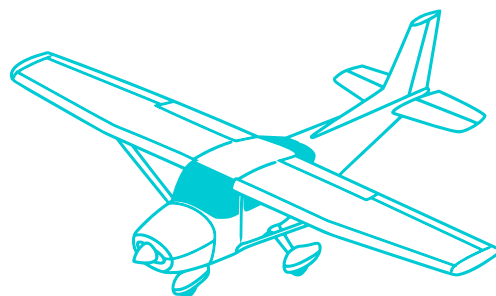
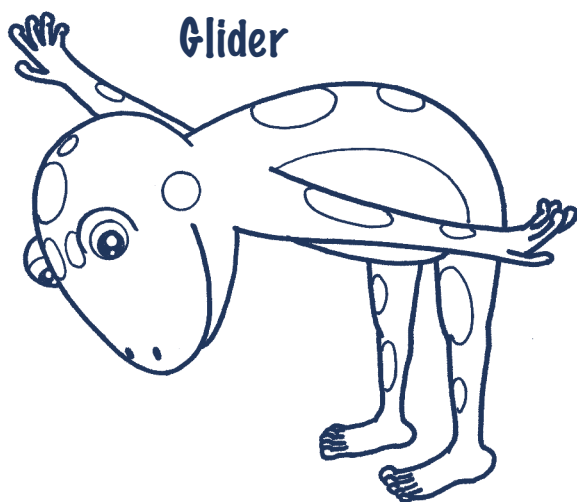
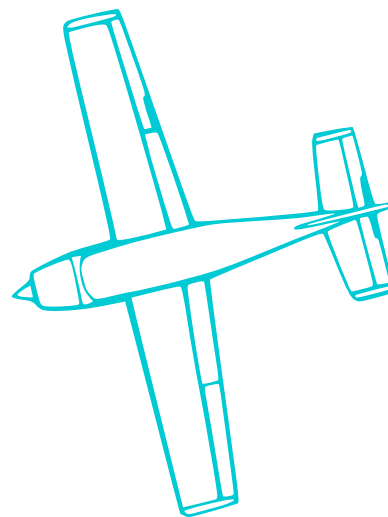
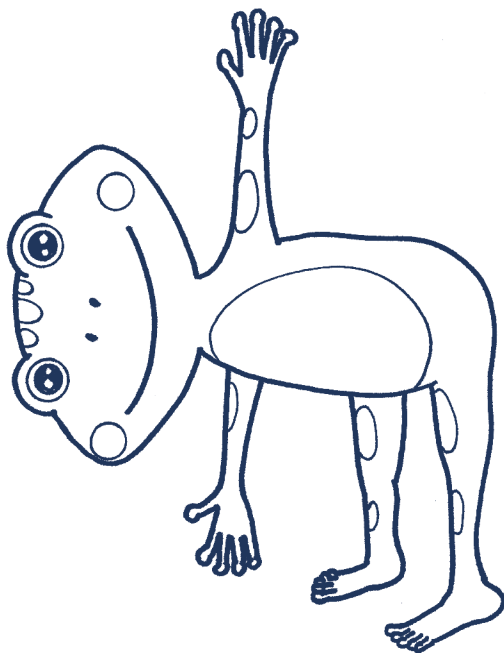
UNIT 4 MINDFUL MOMENT PRACTICE

Gratitude Practice

Think about
someone you are
thankful for.



UNIT 4 MINDFUL MOVEMENT PRACTICE

Glider Twist***Glider Twist***

Unit 4 Take-Home Practices

Lesson 1

With the help of an adult in your home, find a quiet place that you can go to when you need calm and quiet.

Lesson 4

Share a compliment or appreciation with someone. Notice what feelings come to visit when you do so.

Lesson 2

Describe your inner quiet place to someone in your family or community. Ask them to describe what their inner quiet place would look, sound, and feel like.

Listen with curiosity and kindness.

Lesson 5

Think about something you really enjoyed about your day. Who helped it be enjoyable? Tell them you appreciate them or practice thinking kind thoughts about them.

Lesson 3

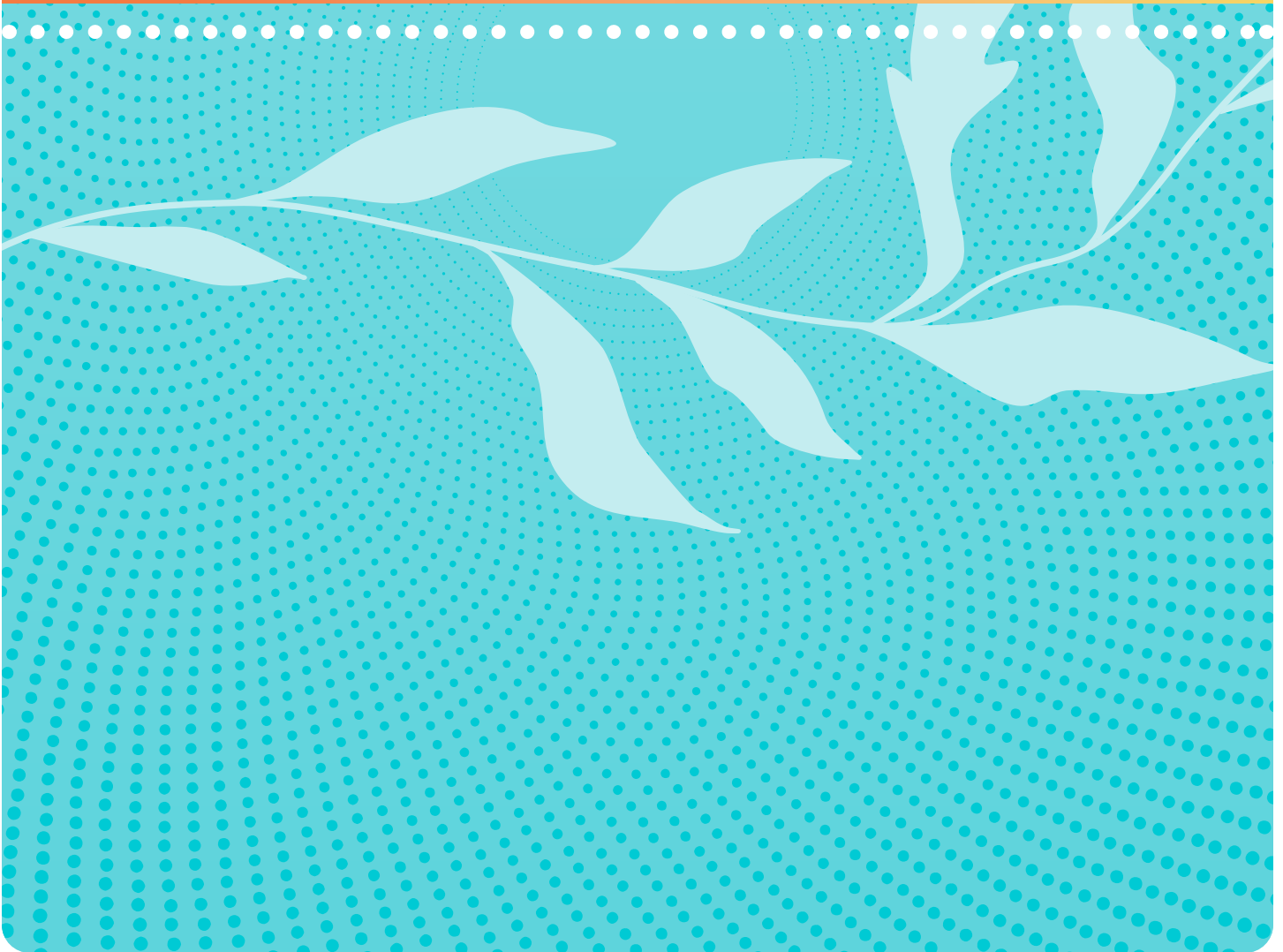
Notice when you're feeling curious. What can curiosity help you do?

Lesson 6

Notice a place with some people in it. Practice being mindful by asking yourself, "What can I appreciate about this space? Is kindness being shown in this space?"

Unit 5

RELATIONSHIP SKILLS

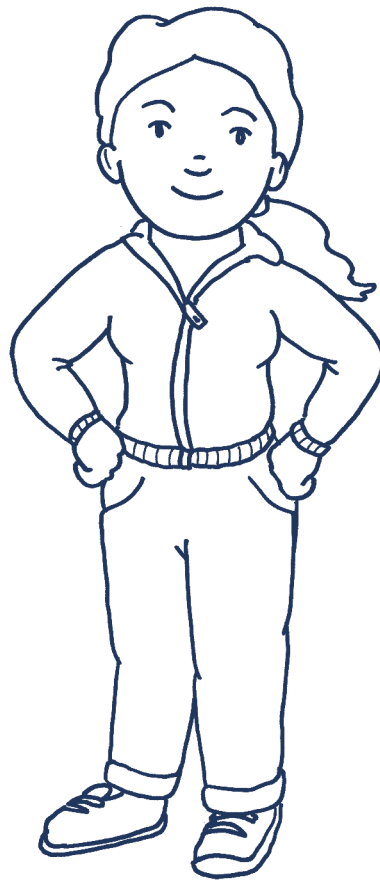




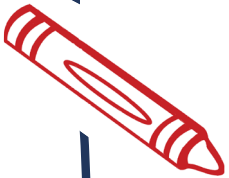
Kaya



Ms. Abdoo



Ms. Jones



Getting to Know You

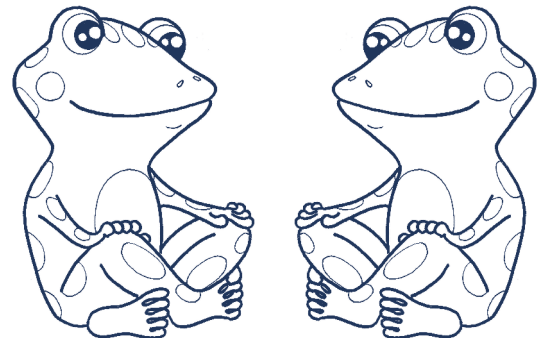
Me

You

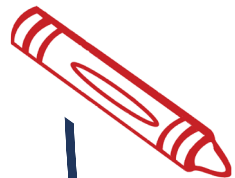
What is your
favorite
color?

What do you
like to play?

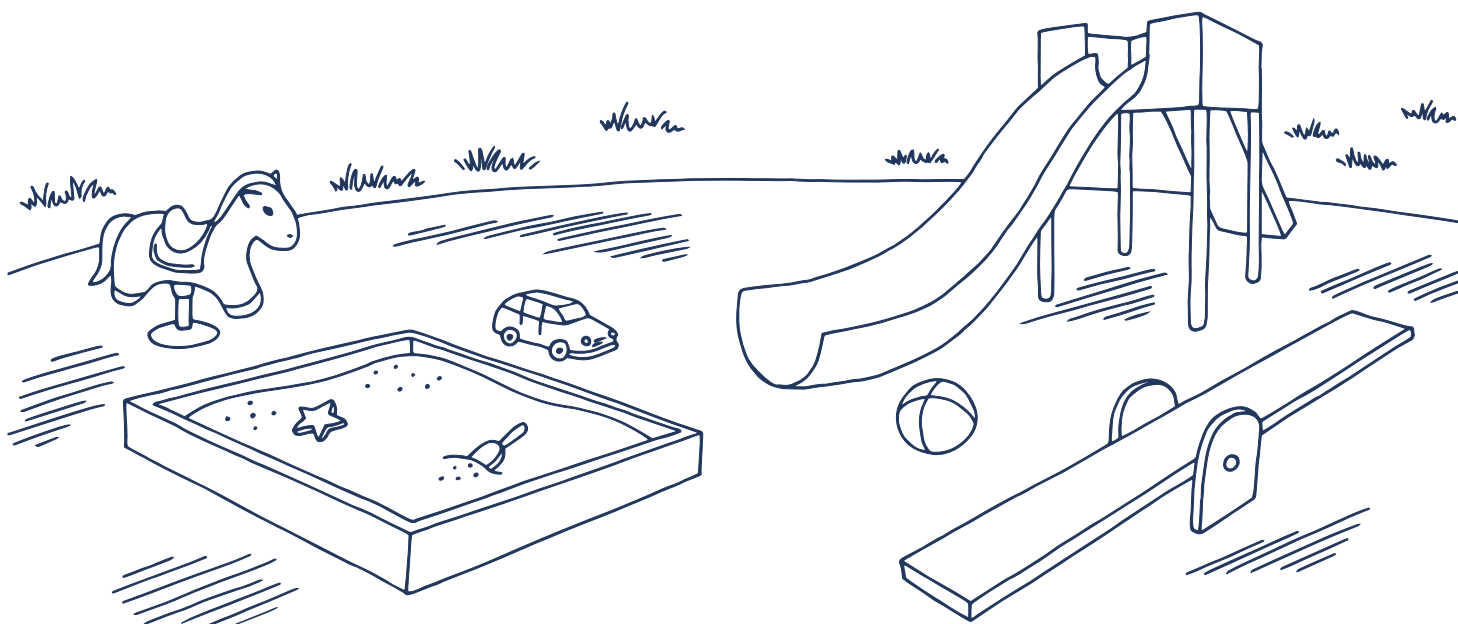
How do you
feel today?



How would you show
friendliness to this kid?

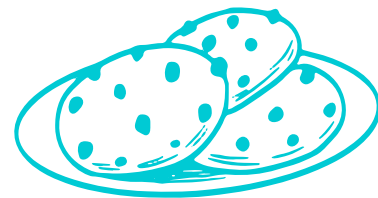
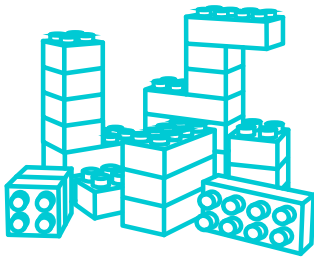
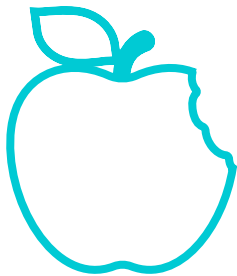
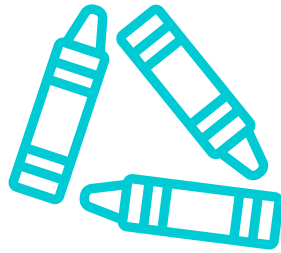


Draw a time you solved a problem on the playground.

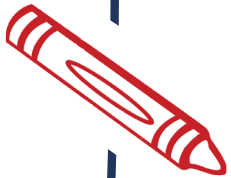


To Share or Not to Share?

Circle the things you can share with a friend.



Working and playing
together can be hard.
What can you do when
you feel **frustrated**?



UNIT 5 MINDFUL MOMENT PRACTICE

Take 5 Breath

Breathe in while
you trace up.
Breathe out while
you trace down.

Trace your hand on the page with a crayon.



UNIT 5 MINDFUL MOVEMENT PRACTICE

Partner Seated Sunrise

Unit 5 Take-Home Practices

Lesson 1

While you are with your family, practice making someone feel welcomed by greeting them with kind actions and words.

Lesson 2

Get to know a friend! Ask a friend the questions from class today to learn more about them. How are you similar? How are you different?

Lesson 3

Help a friend feel welcomed by showing friendliness. Share kind words by telling them one reason you are grateful to be their friend.

Lesson 4

You can share things like toys or snacks, but you also can share knowledge, skills, talents, kind words, or simply a smile. Be your best self by sharing something with a friend or family member.

Lesson 5

Sharing fairly is sharing that works for everyone. On the playground or at home, practice sharing fairly with friends or family members. What did you share? How was it fair?

Lesson 6

Share a healthy habit with someone you love! Show someone in your family what you learned about how to cover coughs and sneezes and how to wash your hands so that you don't share germs.

Lesson 7

Friends share kind words and try not to share unkind words that can hurt people. Be a friendship detective and notice if you hear a friend sharing kind words with another friend. How do you think these kind words made both friends feel?

Lesson 8

Practice being your best self by welcoming friends and inviting them to play in a group. Notice if you see someone playing alone and ask them to play with you.

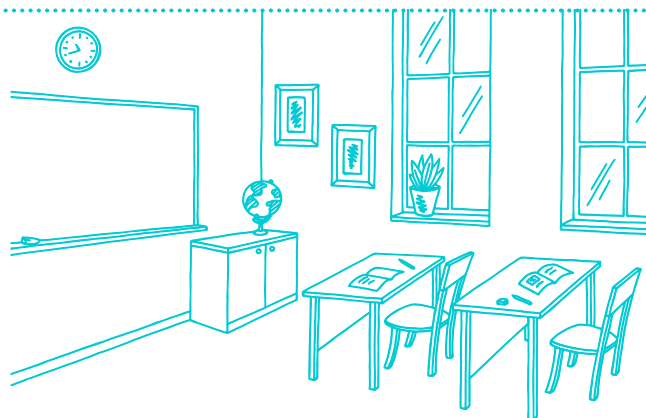
Unit 6

SOCIAL AWARENESS PART 2

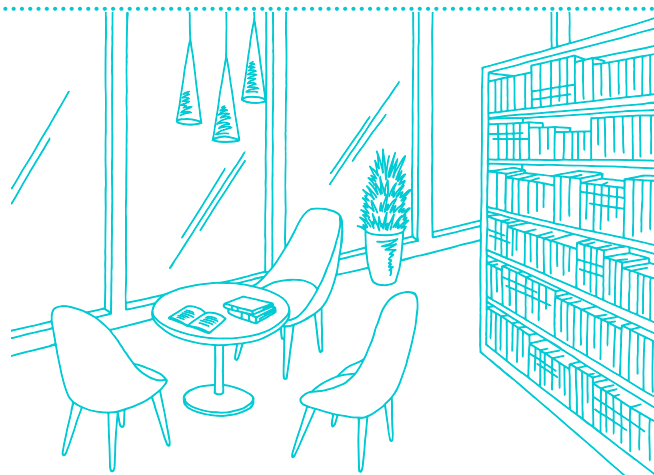
COMMUNITY

Our School Community

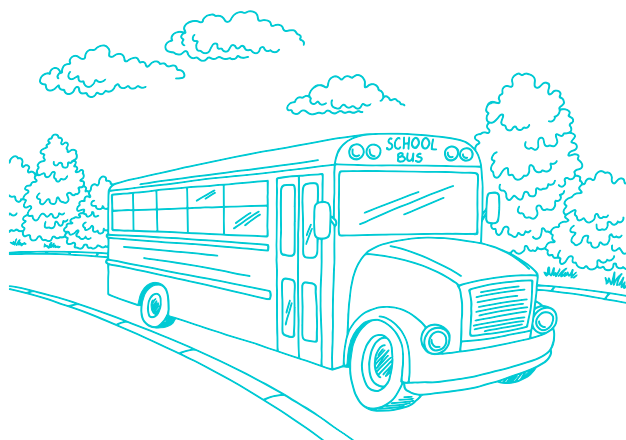
Add members of your school community to these places.



Classroom



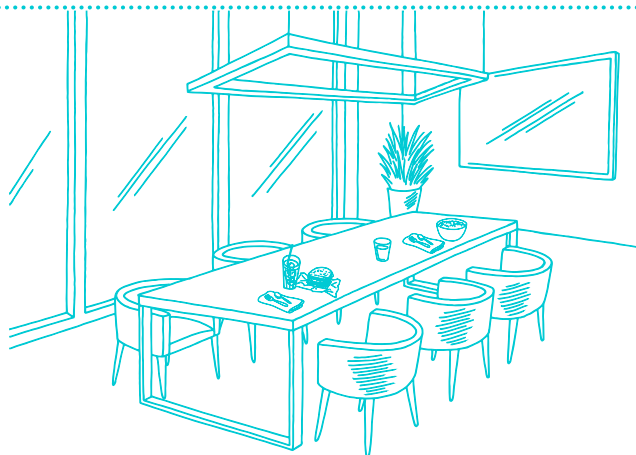
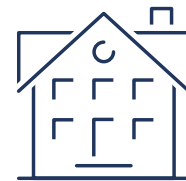
Library



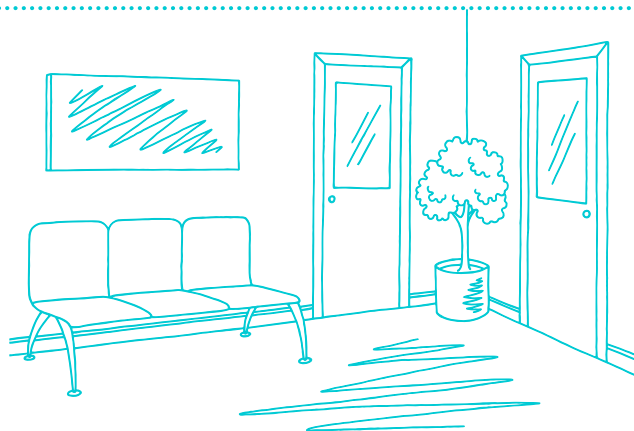
Bus

Our School Community

Add members of your school community to these places.

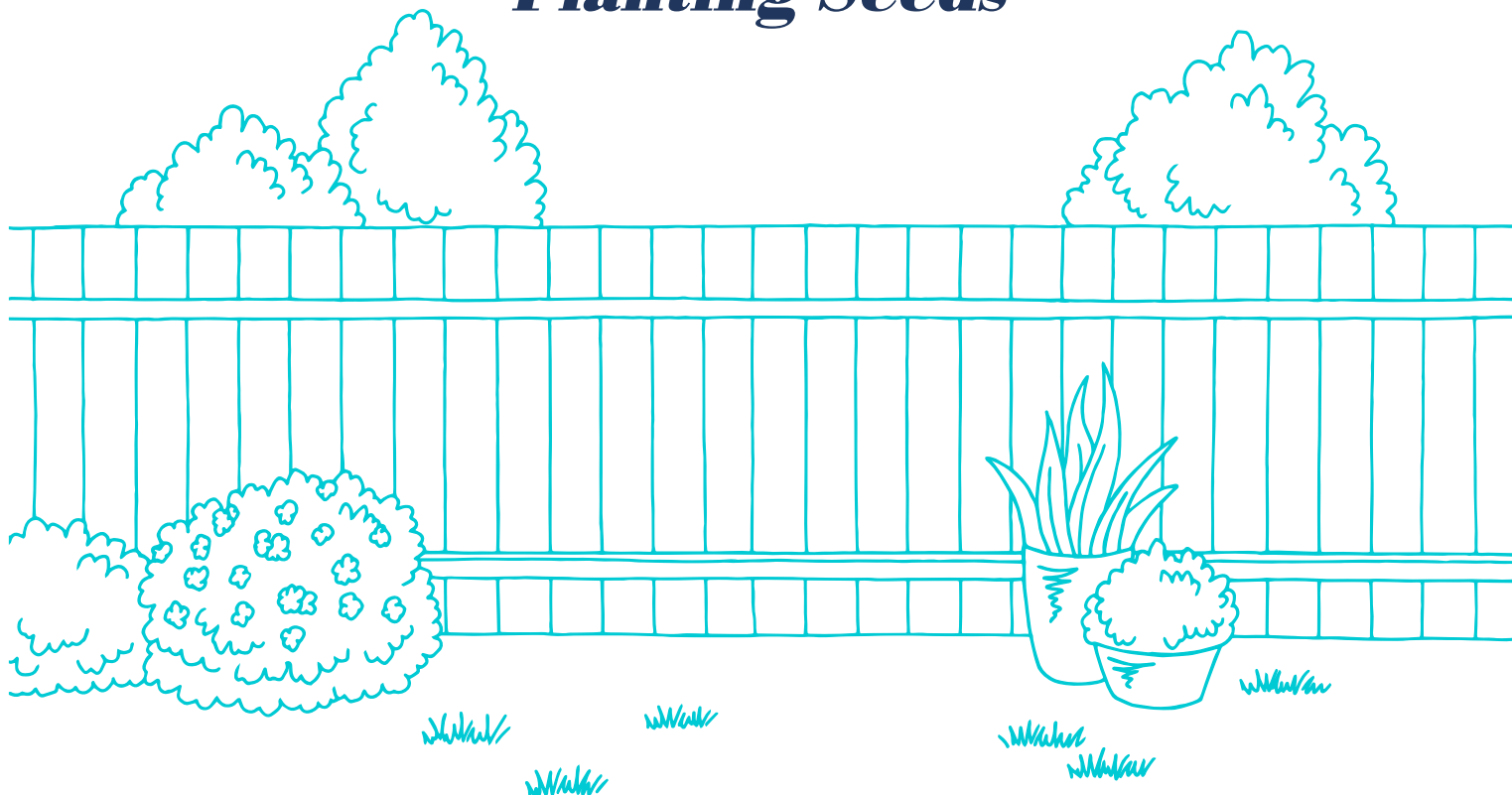


Cafeteria



Office

Planting Seeds

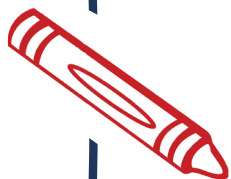


Draw a garden. Draw people caring for the garden.



We're All In This Together

How can you share care and kindness
with your community?



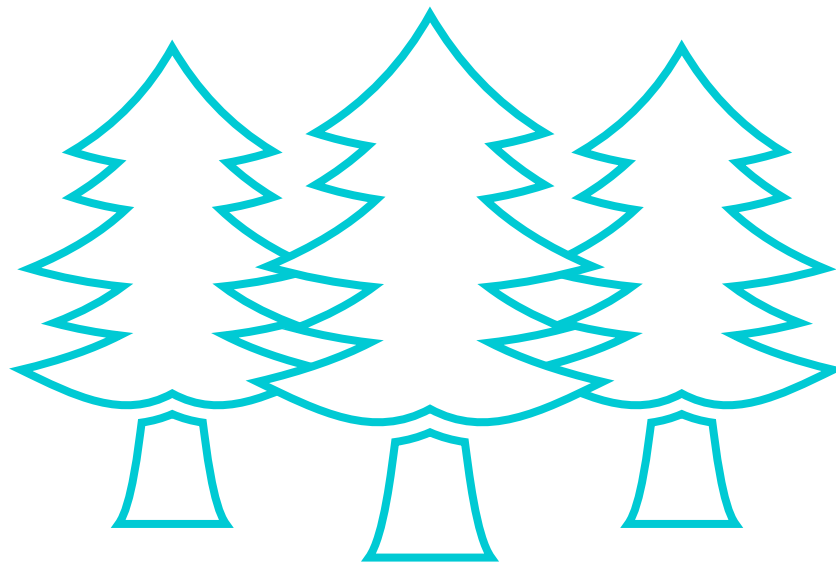
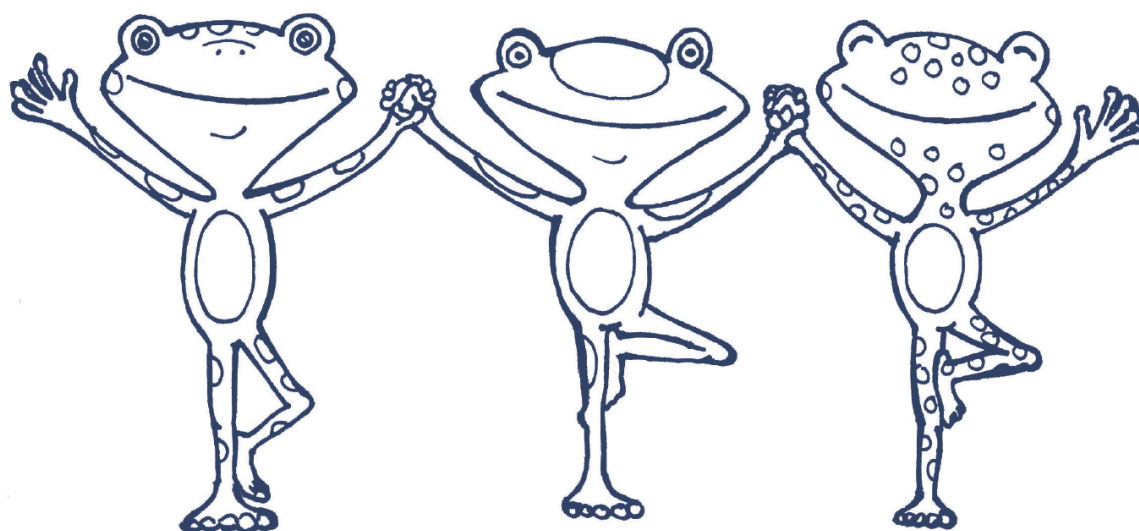
UNIT 6 MINDFUL MOMENT PRACTICE

Mindful Walking

Walk with a
grown-up. Notice
three people, places,
or things you
appreciate in your
community.



UNIT 6 MINDFUL MOVEMENT PRACTICE

Group Tree

We can grow together!

Unit 6 Take-Home Practices

Lesson 1

Go on a walk with a grown-up member of your family. Wave to all the people you pass in your community.

Lesson 4

Ask your family what good things they did or noticed in your community today.

Lesson 2

Thank someone in our school for helping us have a safe, happy, and healthy community.

Lesson 5

Practice being your best self at meal time. Thank someone who helped make your food.

Lesson 3

If possible, watch a video of an adapted sport or the paralympics at home with a grown up. Discuss what it means to be included.

Lesson 6

Plant a seed of kindness!
Tell someone in your community "thank you" for what they do. Ask at home how you can work together to do something kind for your community.



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