



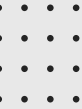
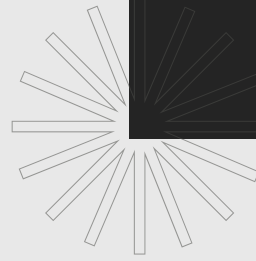
Open Mind

Monthly Newsletter

M A Y

2023

Vol. 9



This month we celebrated:



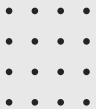
generosity

What does generosity look like in my life?

How else can I practice generosity?



Our focus for this month was on celebrating the character trait of generosity. Generosity was defined as giving, sharing, or extending kindness and compassion without expecting anything in return. Students gained valuable insights about the impact of generosity on their relationships, communities, and personal well-being.

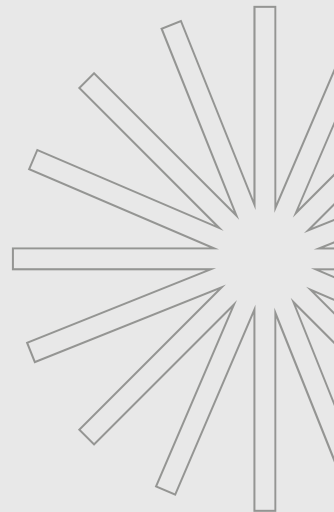


Bible Verses about Generosity

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. - 2 Corinthians 9:6-8

Good will come to those who are generous and lend freely, who conduct their affairs with justice. - Psalm 112:5

A generous person will prosper; whoever refreshes others will be refreshed. - Proverbs 11:25



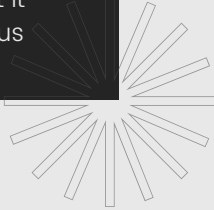


Students:

- Integrated their experiences with mindfulness this year.
- Learned why goodbyes are important and sometimes can be difficult, and reflected on memories from the school year.
- Investigated the character trait of generosity and what it means to be a generous person.

May Mindfulness Lessons

Take Mindfulness with You

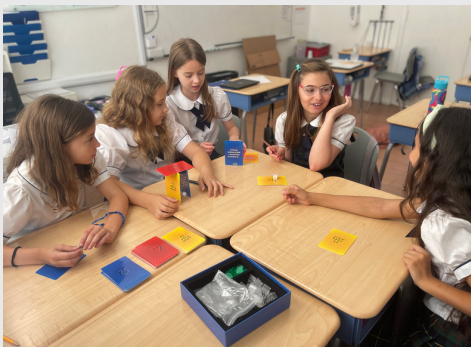


Preschool

Continued practicing how to use self-awareness and mindfulness to explore emotions. They creatively integrated body movements and breathwork to find calmness while engaging in book readings such as Listening to my body by Gabi Garcia.

Kinder - Second Grade

Learned everyone can practice mindful art and recognized it as a potential coping tool. They were given "mindful land" cards to review mindfulness with imaginative and positive thinking experiencing relaxation, focus, and self-awareness.



Third - Fifth Grade

Through guided practice, students investigated how generosity feels and discovered that it frequently leads to positive feelings. Through active involvement in a Strong Suit game, they also exercised improving their self-esteem, social skills, creativity, emotion management, and mindfulness.

Middle School

Students were encouraged to investigate, practice, and debate important life skills such as resilience, problem-solving, teamwork, self-esteem, emotion regulation, and effective communication with a totika kohatu group game.





Ways to make the world around you work for your mental health:



MAY IS MENTAL HEALTH MONTH



Studies show that being surrounded with nature is a mood booster.



Dance around! Dancing reduces levels of cortisol and increases endorphins



Consider changing the settings on your phone to "do not disturb" or mute your notifications when possible.



Use noise-cancelling headphones to block out noise. It can help if you find yourself getting overstimulated.



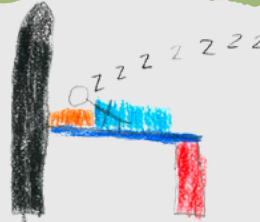
Try to find 15 minutes to get some sunlight.



Stay active. Incorporating small additions of exercise throughout the day



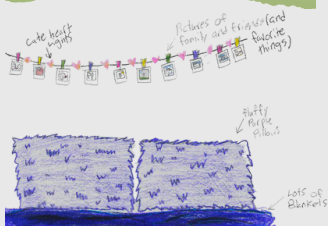
Try listening to a white noise, keep your room cool and dark for a good night's sleep



Try keeping a journal by your bedside. If you struggle with shutting your mind off at night, write down your thoughts to attempt to clear your mind and find rest



Create a "favorite things" space or basket with pictures or things that bring you joy



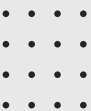
Read a good book instead of watching TV when you have downtime.



Set a timer to clean whatever you can in 10 minutes. Try doing this daily to tackle cleaning in a non-overwhelming way.



Use scents you like in your spaces. This could be candles, diffusers, or DIY smells.



What other strategies will you explore to shape a happier, healthier world around you?