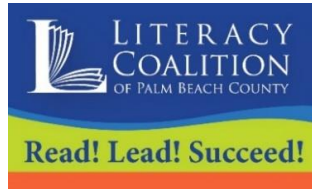


READ and THINK before you ACT.



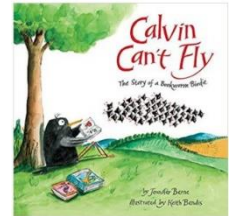
Leading through Reading

Be Kind to Yourself (3-5)

READ

Self-care is vital during times of change and stress. It is essential that you get involved in your own happiness by taking care of yourself emotionally, mentally and physically.

First, take time to appreciate and understand yourself. Think of who you are, what you like and the skills that you have. None of us are the same, but we each have talents and skills. Sometimes, it may take longer for some of us to learn the skills that come easily to others, but that is okay. Each of us matter. Each of us is important. None of us should be left behind. Read [Calvin Can't Fly](#) for inspiration.



Next, find ways that help you to worry less and stay calm. Do breathing exercises and other activities like watching movies, reading books, painting, drawing, coloring, putting together puzzles, and doing balancing movements and repetitive motions. (See our other plans to help you start some of these activities.)

Last, take care of yourself physically. Do not forget to exercise, take baths, showers, brush your teeth and eat right.

THINK

Have you slacked on taking care of yourself lately? How so? What can you do differently?

ACT

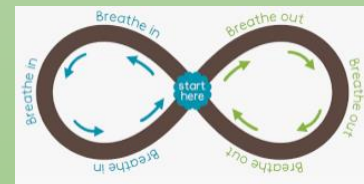
Appreciating & Understanding Yourself

Draw an outline of yourself. This outline can be of your face or your entire body. Draw lines to create separate sections. Color those sections with different colors. In each section, write a word or two words that describe something that you do, think, say or like.



Stay Calm with Deep Breathing

Practice slowly drawing a sideways figure 8 (eight) in the air with your pointer finger. Then, draw the figure 8 three more times while breathing in and out the way as described in the diagram.



Be Good to Your Body

Get some exercise! Try dancing to music. It is a great way to move your muscles and lift your spirits!

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to nbirardi@literacypbc.org