

Growing Upstanders with Empathy, Empowerment, and Emotional Regulation

KEEPING UP WITH KIDSBRIDGE

September: A focus on Mindfulness

Mindfulness is the practice of paying attention to the present moment. At Kidsbridge, we understand how mindfulness can allow us to feel more relaxed in our mind and body, this allows us to have better decision-making skills, improved communication and stronger relationships with our friends, families, and colleagues.

Kidsbridge puts a focus on Mindfulness with our students in our "Mindfulness & Self-Regulation" Program.

One way we do this is through our "Mindful Moments" activities in the classroom.



Here, we discuss the 5 senses and how we can use them to practice mindfulness and bring us into the present moment.

These are skills that can be practiced anywhere, with little to no material, which make these tools easily accessible to use.

Another way we like to practice mindfulness with both our young people, and our adult participants is with the 54321 strategy.



Using this poster, try to practice mindfulness for just 5 minutes today and take time to notice how you might feel more relaxed.

RECOMMENDED RESOURCES

Recommended for EDUCATORS:

Here are 2 mindful listening and breathing exercises to try out in the classroom:

<https://mindfulnessinschools.org/wp-content/uploads/2020/05/MiSP-Practices-Listening-5-Min.pdf>

This free award-winning app offers mindfulness activities and meditations along with classroom SEL resources:

<https://www.smilingmind.com.au/smiling-mind-app>

Recommended for YOUTH:

Check out this simple bubble-making recipe to help your kids have some mindful fun:

<https://www.youtube.com/watch?v=P7bfdKWWFXM>

Putting a puzzle together develops problem-solving, memory, and mindfulness skills. Take a look at this Nat Geo puzzle link and choose from a variety of natural images with different levels of difficulty.

<https://kids.nationalgeographic.com/games/puzzles>

Recommended for CARING ADULTS:

Family tips for mindful eating:

<https://beezebodies.com/blog/a-parents-guide-to-mindful-eating/>

Try this five senses nature walk:

<https://www.youtube.com/watch?v=OT3X8gkzj4E>

UPCOMING EVENTS in the AREA!

Family Fun at Grounds for Sculpture!

September 7, 2024 11-3

Family Open Studios Family Field Day

Get your body moving at GFS Field Day with activity stations featuring outdoor artmaking including collaborative chalk drawing and faux stained-glass creations, and popup wellness activities including yoga-inspired freeze dance. There's something fun for the whole family! These drop-in activities will be held outdoors and invite all ages to join in the fun.

Free with Membership/ Free with Admission
Admission= \$25 for Adults \$12 for Children

Save the Date!

On September 12th, Kidsbridge & CHS will host their 17th annual Gala! Join us as we honor local humanitarians, celebrate local students that we've worked with, and display an interactive experience for our guests, sharing an opportunity to learn more about Kidsbridge and our programs!

Grab your tickets today!

17th Annual Gala
Kidsbridge C.A.R.E.S.
Humanitarian Awards
Celebration

Kidsbridge
The Children's Home Society
OF NEW JERSEY

This is Us!
Courage*Awareness*Respect*Empathy*Strength

SAVE THE DATE
12 September 2024
5:30-8:30PM
The Stone Terrace
by John Henry's
Hamilton, NJ

Learn more about Kidsbridge Programs!

YOU'RE INVITED!

Kidsbridge Program Information Session

We offer SEL & Character Development sessions that can enhance your existing programming.

Students are struggling, Kidsbridge can help!

Join our 30 minute zoom session to meet Kidsbridge Staff and learn firsthand about our:

- Activities
- Programs
- Pricing

Wednesday
September 18th
10am

Catch up with
Kidsbridge

Here's the link: <https://shorturl.at/6A8WL>



October is Bullying Prevention Month!

On October 2nd, Kidsbridge will be celebrating World Day of Bullying Prevention #BlueShirtDay

Kidsbridge would love to see you in your blue shirts in support of preventing bullying!

Post your photos on Instagram or Facebook with #KidsbridgeGoesBlue & #BlueShirtDay

[World Day of Bullying Prevention®](#) [#BeKind](#) [#BlueUp](#) [#BlueShirtDay](#) | [STOMP Out Bullying™](#)



Connect with us



www.kidsbridgecenter.org

Kidsbridge Center Mailing Address | 320 Hollowbrook Road, #203 | Ewing, NJ 08638 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!