

..... Barefoot At-Home Activities Kit

Feeling Connected to Others

With these activities, you can feel connected to others even if you're home alone.

1 I Am Because We Are: Ubuntu Collage

Create a poster that shows how you are connected with others.

2 Sharing Friendship: Spread Compassion in the World

Share a golden light with everyone in the world with this mindfulness activity.

3 Pen Pals: Writing Letters

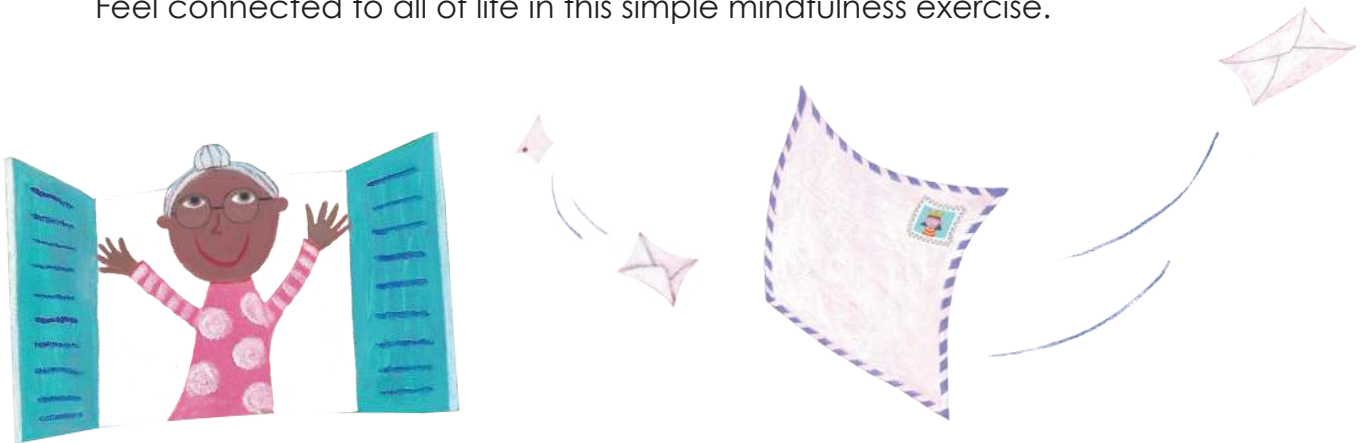
Send a little bit of happiness to someone who might be lonely.

4 I Am Thankful: Find Gratitude

Create a gratitude drawing to remind you of the people who make your life better.

5 Be A Rainbow: Restore

Feel connected to all of life in this simple mindfulness exercise.



I Am Because We Are Ubuntu Collage (South Africa)



Ubuntu (ooh-BOON-too) is an important idea in South Africa. The word comes from the Zulu language and refers to the bond that connects all people. It is often translated as, “I am because we are.” The practice of ubuntu means caring about the needs of others by being kind, helpful and generous. Ubuntu reminds us that we are all connected!

Ubuntu Collage



South Africa

1 On your paper, make a list of all the important people in your life — family, friends, teachers, helpers — and why you are grateful for them.

2 Draw a picture of yourself or glue a photo of yourself in the middle of the poster board.

3 Around the drawing or photo of yourself, draw or glue photos of all the people who are on your list.



4 Next to each person, write down why you're grateful for them. Make sure you leave empty spaces on your ubuntu collage so that you can add people when you make new friends or remember more people who make a difference in your life.

5 Hang your collage where you can look at it every day. Notice all the people you're connected to! Ask yourself, “What acts of kindness did I perform today?”

You'll Need:

- paper • poster board
- crayons • scissors
- photographs or printouts of photos (optional)
- glue (optional)

Ubuntu Every Day

Try to remember to do an act of caring and gratitude every day!

- Thank an adult who is always there for you — and try to think of how you might help them!
- Invite a kid who is new in your school or community to play with you.
- If a friend seems sad, try to make them smile or help them out.





Pen Pals

Letter Writing (*Global*)



Letter writing is a wonderful way to send a little bit of happiness to someone, whether they're far away or across town. No one likes to feel lonely, and getting a handwritten piece of mail often helps someone feel remembered and valued.

Letter Writing



Adult Helper Needed!

You'll Need:

- paper • stamp
- envelope • pen or pencil

- 1 Talk with an adult about who you could write to — do you have a grandparent who lives far away or a friend you haven't seen for a long time? Try to think of someone who might not receive many letters.
- 2 Let's get writing! At the top of the page, start your letter with "Dear . . ." or "To . . ."
- 3 Think about what your pen pal might be interested in reading. Start by telling them a little bit about what you have done recently or about your likes and dislikes. Then you can consider some questions to ask them. What games do they like? What types of books do they like to read? Ask an adult for help writing down the words if you need it. You could also draw a picture for your pen pal. Remember to sign your name at the end.
- 4 Once you have finished your letter, it's time to address the envelope. Make sure you include your pen pal's name and full address. You'll then need to buy the correct stamp to put on it — ask an adult for help. It's exciting to drop your letter into the mailbox once it's all ready!





