

Our Day Has Come to an End

It's important to end the day with connection and reflection, especially during times of uncertainty and stress. This guide walks you through several activities that bring your day to a soothing and positive close.

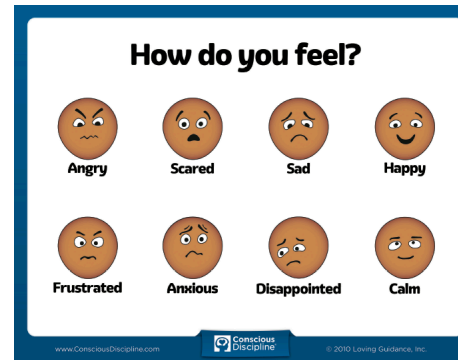
In this guide “Our Day Has Come to an End” by Conscious Discipline Master Instructor Lety Valero, you’ll learn more about how you and your family can end the day with connection, composure, reflection and gratitude.

Activities include Wishing Well, reflecting on the day’s kind acts, discussing gratitude, checking in on the day’s commitment, conducting an *I Love You Ritual* and more.

Conscious Discipline Glossary:

- **Wish Well:** Wishing well provides children and adults with a way to support one another and calm themselves. The process for wishing well includes taking three deep breaths, filling your heart with love, and then sending that love to another person. Wishing well generates an internal cascade of feel-good neurochemicals and hormones that boost positive feelings (and we could all use more of those right now!).
- **Kindness Tree:** With the Kindness Tree, you can symbolically recognize kind and helpful acts, which encourages more kindness and helpfulness. For every kind or helpful act, you add a “leaf,” a heart or another visual representation to the tree. This helps you focus on kind acts, see the best in others and build unity.
- **Feeling Buddies®:** Conscious Discipline Feeling Buddies are a tool used to teach children how to identify and accept emotions so they can regulate their behavior. Eight gingerbread “Feeling Buddy” dolls with facial expressions of universal emotions are used to teach children how to identify feelings. Through an innovative process, adults then coach children in self-regulation. Children in turn coach the Feeling Buddies, both learning the five-step process together.
- **Commitments:** Making a commitment promotes mindful attention and increases the likelihood of success while increasing self-regulation and confidence. You might have each family member choose a commitment at the beginning of the day. At the end of the day, everyone checks in with a “Yay, I did it!” or an, “Oops, I’m working on it.”

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Twinkle, Twinkle



Created By: Lety Valero
Conscious Discipline Master Instructor



Breathe

- Lie on your back in a comfortable place and close your eyes.
- Breathe in slowly through your nose as you let your belly go out.
Breathe out slowly through your mouth as your belly goes in.
- (Again) Breathe in slowly through your nose as you let your belly go out.
Breathe out slowly through your mouth as your belly goes in.
- (Again) Breathe in slowly through your nose as you let your belly go out.
Breathe out slowly through your mouth as your belly goes in.



Open your eyes slowly and fill your heart with love and send this love out to whoever is around.

Take a deep breath, fill your heart with love, and as you exhale send it out to anyone or anything you choose to such as:



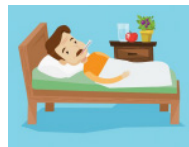
Our Country?



The World?



Our School Family?



**People who are
feeling sick?**



Our Family?



The Elderly?



Doctors and Nurses?

Do it now! Let's do it together...

What is something kind I did for others in my family today?
What act of kindness did I see going on in our family today?



**How many
hearts are
there in
this tree?**

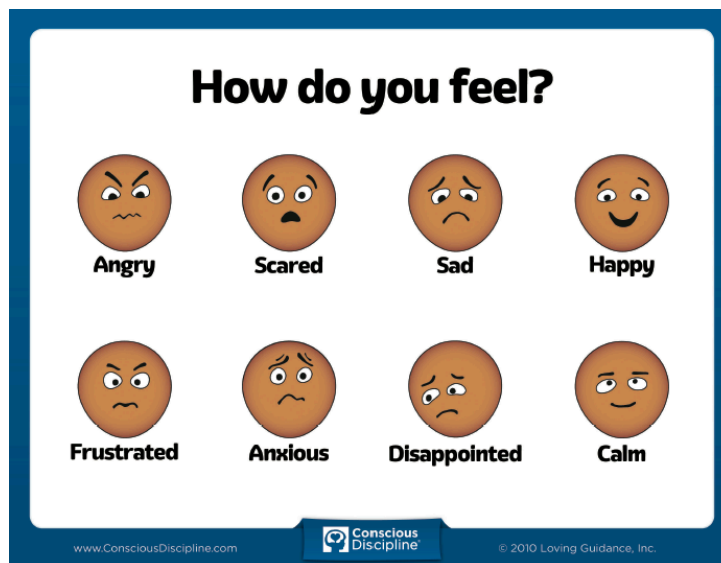
NOTE: The Kindness Tree helps celebrate and encourage kind and helpful acts in the classroom or home. The simple act of placing or drawing a heart on the tree retrains the brain to focus on the good within each of us – and the many helpful ways to express it.

Encourage the child to use the Kindness Tree throughout the day and the results will be:

- Honoring kindness and helpfulness
- Focusing on the positive
- Highlighting the ways we help one another
- Feeling a sense of unity and belonging

Some of our friends the *Feeling Buddies®* might have visited you throughout the day.

Do any of the following faces show how you felt at a certain moment today?



Look your Feeling Buddy in the eye, breathe deeply and say:
“You’ve got this, you can handle this, you did it.”

My commitment for today was: _____



If you did it, do some kind of celebration like a happy dance, give a high five or give yourself a clap or cheer.

**If you “Oopsed,” good news, you get to try again tomorrow!
You can do it!**

To be successful, it will be helpful if tomorrow I:

**Let's now give thanks for our day, for the people around us,
for the ones that are far in distance but close to our hearts,
for laughter, and for the difficult moments that we handled,
for the food we ate, and the air we breathe...**

So much to be grateful for.

Today I am particularly grateful for: (name three)

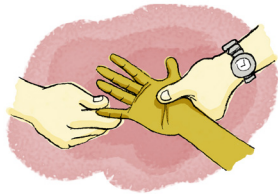
1. _____

2. _____

3. _____

With a grateful  we start our day and end our day.

Time for bed, but first, we always get to choose an *I Love You Ritual™* before saying good night!



Story Hand

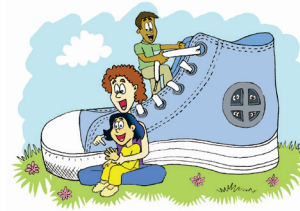
Story Hand (begin with pinky, end with thumb)

1. **Something you love to eat**
2. **Someone you love**
3. **Something you're good at**
4. **Something you love to do**
5. **A worry**



Twinkle, Twinkle

- ♪ **Twinkle, twinkle little star,**
Touch child's fingers, wiggling them.
- What a wonderful child you are.**
Bring arms down to gently rest on child's shoulders.
- With bright eyes and nice round cheeks,**
Touch child's eyebrows and cheeks.
- A talented person from head to feet.**
Touch child's head and feet.
- Twinkle, twinkle little star,**
Touch fingers, wiggling them.
- What a wonderful child you are.** Hug.



Wonderful Woman

- ♪ **A wonderful woman lived in a shoe,**
She had so many children she knew exactly what to do.
She held them, and rocked them, and tucked them in bed,
"I love you, I love you" is what she said.



Georgie Porgie

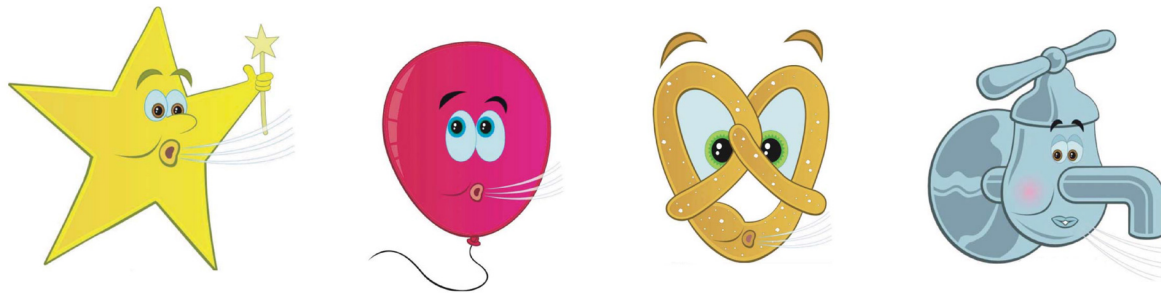
- ♪ **Georgie Porgie pudding and pie,**
Gave his friend a big high five!
With his friends he loved to play,
A gift of a smile he gave each day!

***I Love You Rituals* were created by Dr. Becky Bailey. They are based on the latest in brain research. Through the power of connection (eye contact, touch, presence and playfulness) they help children increase their attention spans, reduce hyperactivity, build self esteem, and facilitate language development. These interactions teach children how to be kind and caring using gentle touches. For more information and to watch actual videos of children doing *I Love You Rituals*, visit ConsciousDiscipline.com**

NOTE: If you know the suggested motions, you may choose to follow them. If you don't, make them up, making sure you include eye contact, touch, presence and playfulness. HAVE FUN WITH THIS! GET CREATIVE!

Good night!

**I've got this,
You've got this,
We've got this!**



I am safe, keep breathing, I can handle this!