

# FEBRUARY

## CHILD CARE AWARE OF KANSAS

thumbprint cookies

<https://www.worldofvegans.com/vegan-thumbprint-cookies/#vegan-recipe-container-138777>



### Self-Care & Mental Health for Kids

 Share your own feelings to encourage self-awareness.



 Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Encourage journaling and diaries.



Encourage your child to focus on the moment.

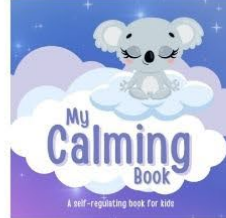
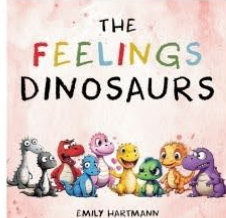
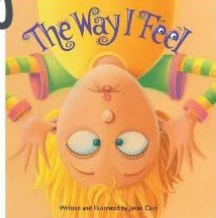
 Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

reading time!



### heart bouquet

arty crafty kids



Materials:

- Red and Pink Stock Card
- Tissue Paper
- Glitter
- Buttons
- Sequins
- Green Pipe Cleaners
- PVA Glue

### sensory bottle



Materials:

- 850 ml VOSS water bottle (you can use any other bottle but we prefer this type)
- Rubbing alcohol (to remove the glue residue from the label on the bottle)
- Soft-soap clear hand soap
- Glitter
- Decorations: Craft gems, beads, sequins, tiny butterflies or any other small craft decoration you have at home
- Water
- Low temp glue gun