

# DMYFS/DMLWC PRESENTS



## "HEARTS & KINDNESS EVERYWHERE" ACTIVITY KIT



**Durham Middlefield**  
YOUTH & FAMILY SERVICES



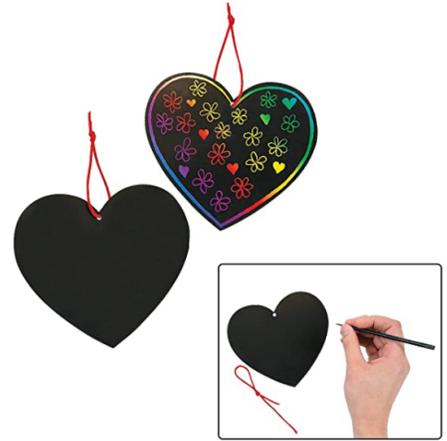
**Durham Middlefield**  
— LOCAL WELLNESS COALITION —

**Activity Booklet Developed By: Lynna Vo**

# Heart Scratch Off Art

## Materials Included in Kit

- Scratch Off Heart Paper
- String
- Scrapper Sticks



## Instructions

1

**Use the scrapper stick to scratch word, and picture designs on your heart. The next page has some pattern and design ideas!**

2

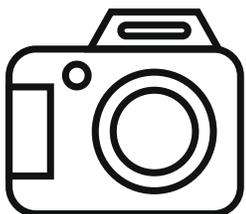
**The parts where you scratch off, the rainbow of color design magically appears!**

3

**Once you have finished tie the string to make a heart ornament**

4

**Find a spot to hang up your heart scratch off piece of art!**

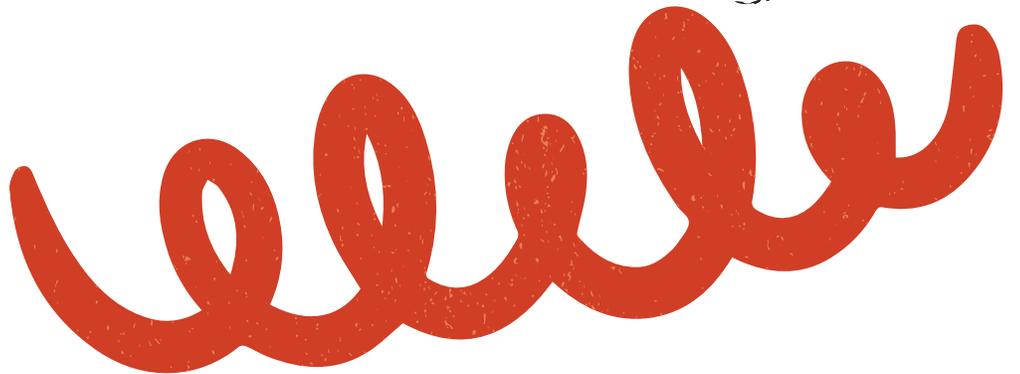
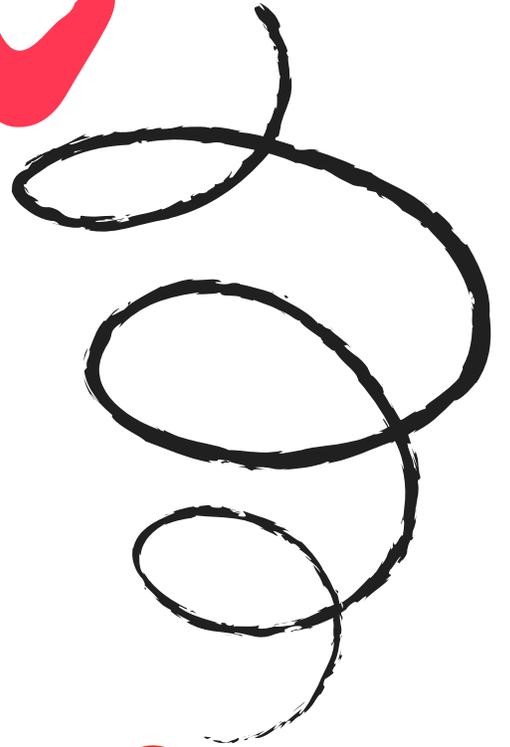
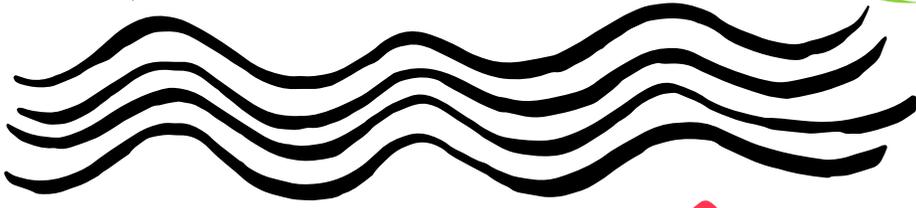
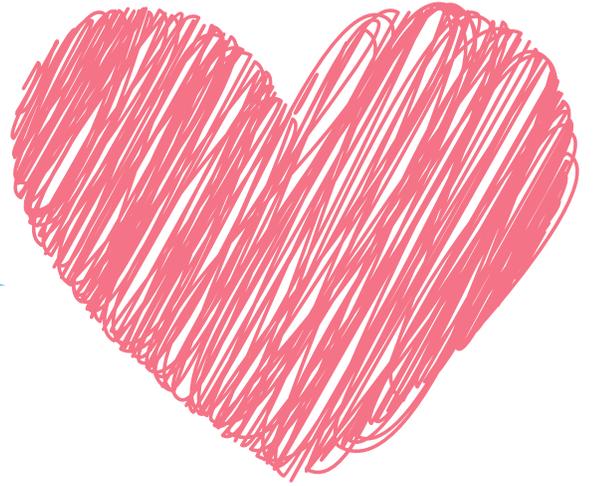
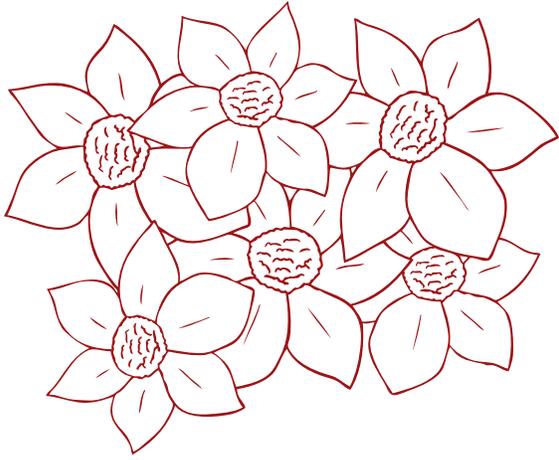


**We want to see your creations!**

**Enter Our Activity Kits Giveaway!**

Snap photos and share it with us by submitting them to this form! [www.dmyfs.org/akphotos](http://www.dmyfs.org/akphotos)

# Design Ideas to Try!



# Heart Jewelry

## Materials Included in Kit

- Assorted Beads
- "K" Bead
- Elastic String



## Instructions

1

**Choose what you want to make! It can be a bracelet, necklace, anklet, etc.**

2

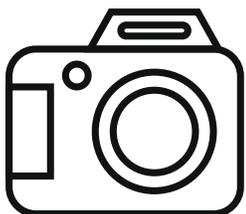
**Cut your string to size (Make sure you add a little more so that there is some wiggle room)**

3

**Design how you want your jewelry to look like and thread the string through the beads. Don't forget to add your special "K" for Kindness bead!**

4

**Tie the two ends together. Now you have jewelry! Show it off and know that you are strong, worthy, and resilient!**

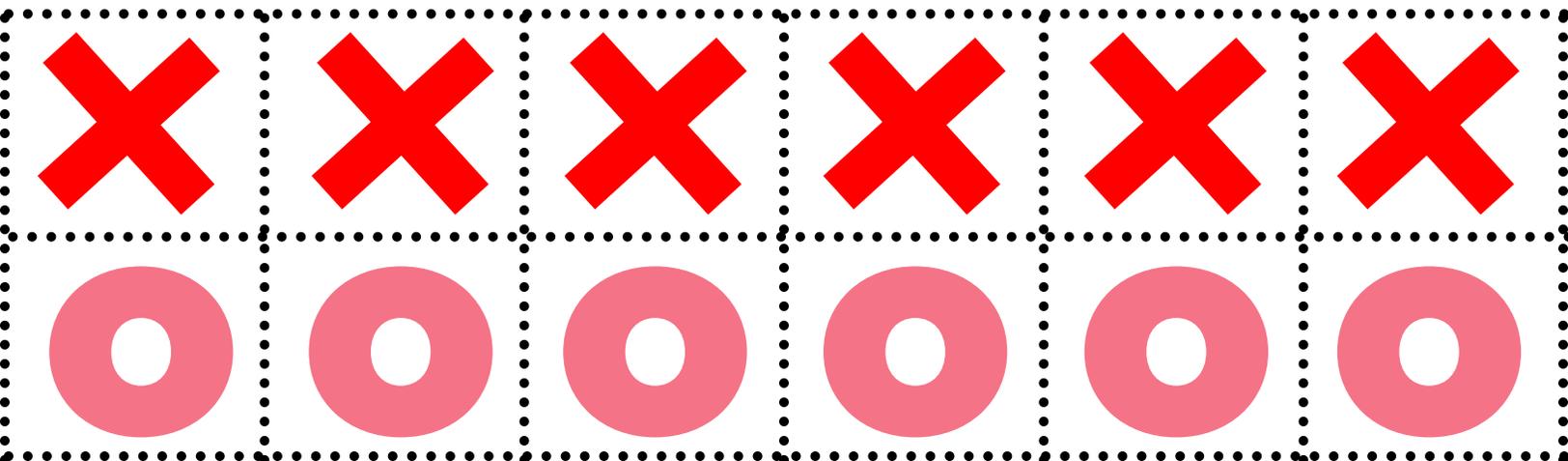
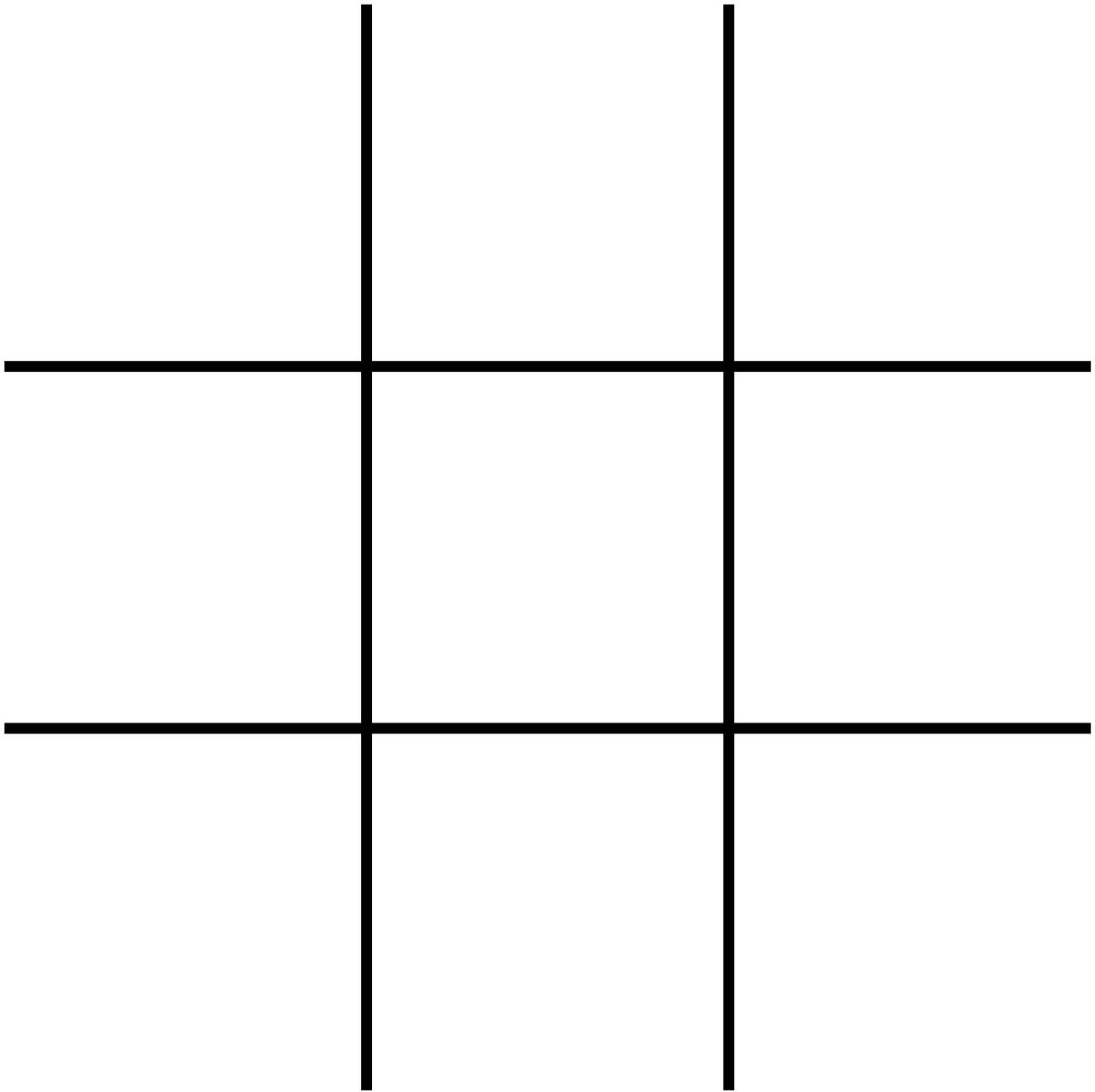


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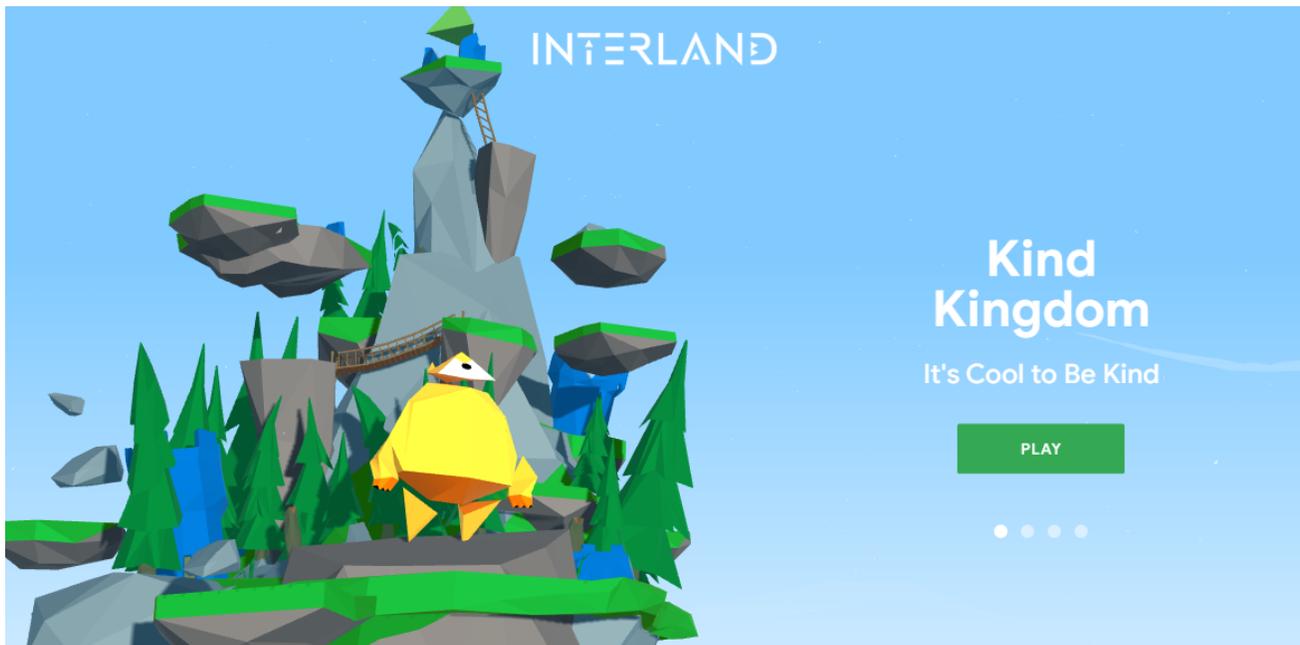
# "X's and O's" Tic Tac Toe



# Online Activities

## Play Interland - Kind Kingdom!

[https://beinternetawesome.withgoogle.com/en\\_us/interland/landing/kind-kingdom](https://beinternetawesome.withgoogle.com/en_us/interland/landing/kind-kingdom)



## Send Kind Messages to Children at St. Jude Children's Research Hospital and/ or Boston's Children's Hospital

<https://www.stjude.org/get-involved/other-ways/online-card-message-patients.html>



Send a free card to St. Jude patients

Write an encouraging note to patients like Melanie undergoing treatment for cancer and other life-threatening diseases.

[Español](#)

[Write a Message](#)



[https://secure.childrenshospital.org/site/SPageNavigator/Send\\_a\\_Message.html](https://secure.childrenshospital.org/site/SPageNavigator/Send_a_Message.html)



**Boston Children's Hospital**

Where the world comes for answers

## Send a message to patients

Share positive thoughts and encouragement with the kids and families at Boston Children's Hospital! Simply write your message below, and we'll display your kind words across the hospital for all to enjoy. Your support helps kids and their families stay strong, brightening their day when they need it most. Thank you!

# Online Activities

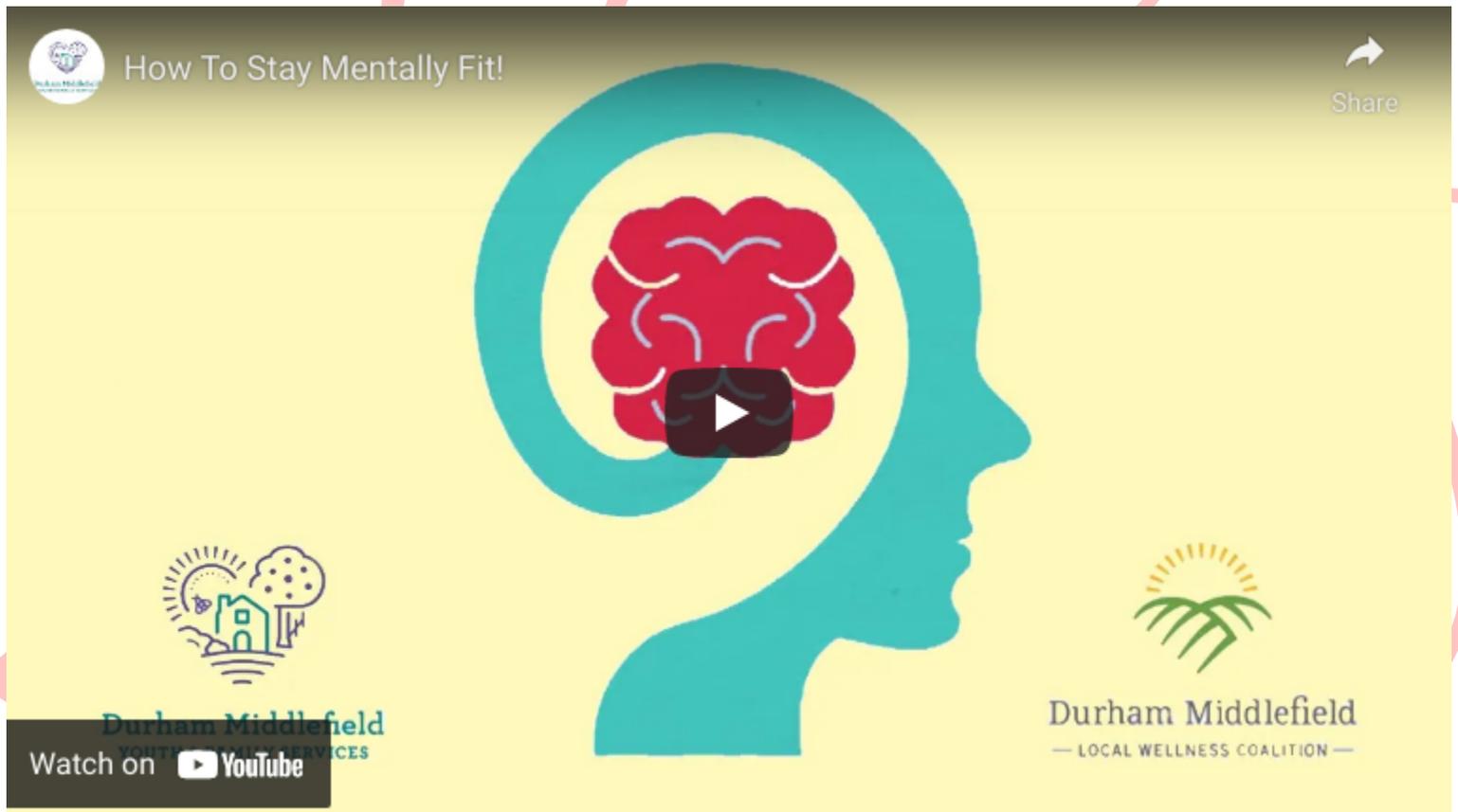
Watch this Short Animated Video "Kindness & Joy"



Listen to "Kindness Is My Superpower"

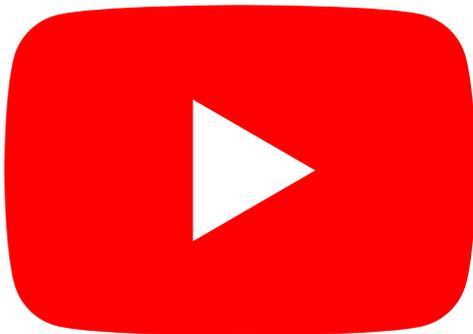


# Remember To Be Kind to Yourself!



take care  
of your mind

# Visit the Durham Middlefield Youth & Family Services Youtube page to learn more about prevention topics and reduce the harm of alcohol, tobacco, marijuana and other drugs in our towns!



Durham Middlefield  
YOUTH & FAMILY SERVICES



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<p><b>#KNOWLEDGEFORCOLLEGE</b> SOCIAL DISTANCING &amp; SAFETY</p>  <p>3:51</p> <p>#KnowledgeForCollege: SOCIAL DISTANCING &amp;... 16 views • 1 year ago</p>	<p><b>#KNOWLEDGEFORCOLLEGE</b></p>  <p>6:08</p> <p>#KnowledgeForCollege 26 views • 1 year ago</p>	<p><b>#KNOWLEDGEFORCOLLEGE</b> YOGA &amp; BREATHING</p>  <p>7:33</p> <p>#KnowledgeForCollege: YOGA &amp; BREATHING 6 views • 1 year ago</p>	<p><b>#KNOWLEDGEFORCOLLEGE</b> RICE KRISPIE RECIPE</p>  <p>1:02</p> <p>#KnowledgeForCollege: RICE KRISPIE RECIPE 12 views • 1 year ago</p>	<p><b>YOUTH PRESCRIPTION DRUG AWARENESS</b></p>  <p>5:25</p> <p>Youth Prescription Drug Awareness 67 views • 1 year ago</p>
<p><b>LIVING ABOVE THE INFLUENCE</b></p>  <p>3:28</p> <p>Living ABOVE THE INFLUENCE 24 views • 1 year ago</p>	<p><b>WHAT YOU NEED TO KNOW ABOUT BINGE DRINKING</b></p>  <p>3:12</p> <p>What is BINGE DRINKING? 24 views • 1 year ago</p>	<p><b>WHAT YOU NEED TO KNOW ABOUT ALCOHOL POISONING</b></p>  <p>2:42</p> <p>All About ALCOHOL POISONING 22 views • 1 year ago</p>	<p><b>THE EFFECTS OF DRUGGED DRIVING</b></p>  <p>2:59</p> <p>The EFFECTS of DRUGGED DRIVING 207 views • 1 year ago</p>	<p><b>THE EFFECTS OF UNDERAGE DRINKING</b></p>  <p>3:23</p> <p>The EFFECTS of UNDERAGE DRINKING 38 views • 1 year ago</p>

# Daily Affirmations!

**YOU**  
got  
this

**KEEP**

**ON**

**GOING**

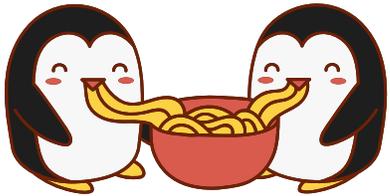
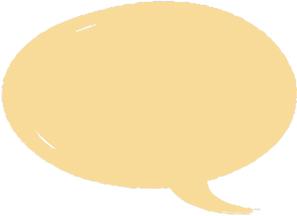
prove  
THEM  
wrong

you are  
**ENOUGH**

**BELIEVE IN**

**YOURSELF**

# Stick to Kindness Challenge Bingo

<p>Share a Smile</p> 	<p>Volunteer</p> 	<p>Share With Others</p> 
<p>Leave a Thank You Note</p> <p>THANK YOU</p>	<p>Give a Compliment</p> 	<p>Pick Up Someone Else's Trash</p> 
<p>Say "Hi" to Someone New</p> 	<p>Help Clean Up</p> 	<p>Donate to a Food Drive/ Bank</p> 

# Support DMYFS/ DMLWC!

Welcome to DMLWC & DMYFS!

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Youth & Family  
SERVICES



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— LOCAL WELLNESS COALITION —

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Durham Middlefield Youth & Family Services

## Visit Our Websites!

[www.dmyfs.org](http://www.dmyfs.org)



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