

KinsKlub Update - Kris Berg, KinsKlub Coordinator

February is the perfect time to find ways to remind KinsKids how important it is to take care of each other's hearts. We made Valentine's cards to share with one of the nursing homes in Tomahawk because we don't want anyone to go without being remembered and given some love. The nursing home was thrilled with the bonus Valentine's to share with the residents.

Our next project started with everyone creating colorful word hearts that show pictures and words of things that your heart holds dear. We then displayed the hearts around the room for all to look at and see. After a few days we found our heart and sat in a circle sharing something important in our heart with the group. Last, but not least, we traded the heart with someone else and were told to crumple up the heart. Our words matter and so do our hearts. The hearts can be smoothed out (with an apology) but they are never going to be the same again. This was intended to be a gentle reminder of how important our words and actions can impact other people's hearts. This lesson hit a few of our kinskids much harder than I expected. Having used this lesson with kids in the past I knew it would impact some more than others but I did not anticipate how deeply some of our kinskids would feel this. A lesson was learned by Mrs Kris, as well as the kinskids. We smoothed out the paper hearts and worked through the big emotions a few experienced to help their hearts too.

On a lighter note we finally used our big parachute. That was a hit! Unfortunately, it was quickly put away when they lost control of their ability to listen and follow directions. When asked if they should get a second chance that day to try again they all said NO. That showed great self awareness that they knew they were not listening or even attempting to follow directions. The parachute will be making an appearance again next week as we continue to work as a team and work on controlling our bodies and actions.

Growing up is hard! Learning control of how our words and actions can impact our world and others are big skills for young bodies to work on. We see progress and hope in our KinsKids as they are demonstrating their understanding of these life skills.