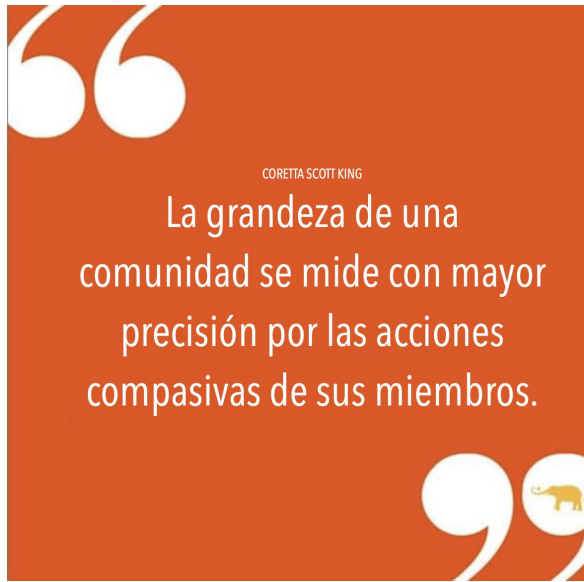


Friends Center for Children



Estimadas Familias,

“A veces nuestros corazones se sienten pesados y el mundo se siente mal.

Encuentra la luz, incluso si es muy leve.

Espera, deja que la esperanza forme un camino para los próximos pasos. Rodearnos de amor, juntos nuestra luz brilla más fuerte, el brillo de la esperanza es sólido. Juntos podemos dar un paso ... un paso ... dos pasos ... tres pasos.

Vemos tu luz, escuchamos tus palabras, te vemos. Te amamos y te extrañamos." - Therese Luetzendorf

Tuyo en esperanza,
El Equipo de FCfC

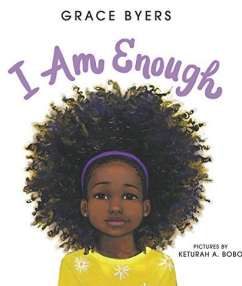


¡Nuevos videos en el [canal de YouTube de FCfC aquí!](#)

[Voces en tiempos Agobiantes: una Carta de Reflexión de FCfC](#)

[Los Niños de Quinto Grado Hablan de Segregación](#)

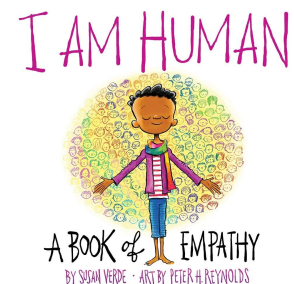
[Canta con Nosotros | La Marcha De Los Niños: No Voy A Dejar Que Nadie Me Cambie](#)



[Cómo Hablar Con los Niños Sobre la Raza](#)

[PBS KIDS Talk About |](#)

[Valentía y Coraje | PBS KIDS](#)

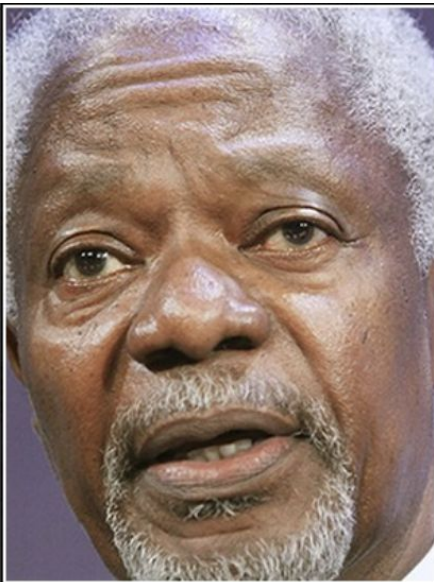


Una Nota de EWBC:

Mayordomía



"Siempre me pregunté por qué alguien no hizo algo al respecto, luego me di cuenta de que SOY ALGUIEN".

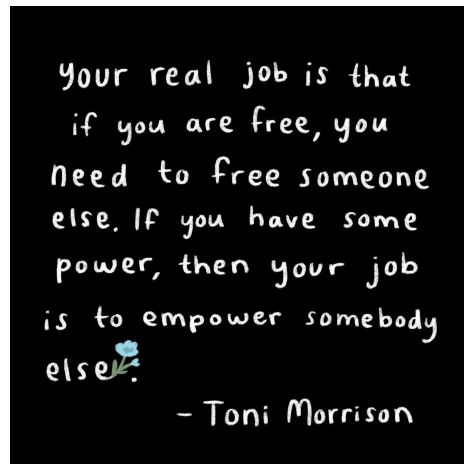


Seamos una buena fortaleza de la Tierra que heredamos. Todos tenemos que compartir los ecosistemas frágiles de la Tierra y los recursos preciosos, y cada uno de nosotros tiene un papel que desempeñar para preservarlos. Si vamos a vivir juntos en esta tierra, todos debemos ser responsables de ello.

Kofi Annan

AZ QUOTES

Conciencia / Abogacía



[Folleto de la Marcha Infantil de la Escuela Elm City Montessori](#)

[10 Consejos para Enseñar y Hablar con los Niños Sobre la Raza](#)

Formas de Demostrar Solidaridad

Del Quaker Religious Education Collaborative:

["Buena Personas en todas Partes" para edades 3-4](#)

Recursos de experiencia de Covid

- Bank Street:

[Recursos recomendados de ERP relacionados con la experiencia COVID-19](#)

- NAEYC:

[Cuento Descargable apropiado para el Desarrollo Sobre el uso de Máscaras](#)



[¡No Tengas Miedo, Prepárate! Página para Colorear de Coronavirus para Imprimir](#)

Momento de Atención Plena

Inicio - Día 6 - Encender | 30 Días de Yoga con Adriene

De Constant Love and Learning - Lista de sentimientos Preguntas de "Búsqueda del tesoro"

Calma Juntos: Evento Global de Meditación

“What a lovely surprise to finally discover how unlonely being alone can be.”
Ellen Burstyn

JUNE

01 Be aware of the armor you wear. Consider how it protects you & how it holds you back. Explore softening the armor you no longer need.	02 Journal about a transformation you have made in your life.	03 Examine how your life philosophies connect with your state of happiness. Notice if you're deferring your happiness to some future date.	04 What anchors you during stormy times. Take a moment to connect to that anchor and ground yourself.	05 Pause during a busy part of your day and name 10 things that you are grateful for in your life.	06 At lunch contemplate the many factors that made it possible for this food to be on your plate. Who worked to make this lunch possible?
07 When you feel that impulse to blame, ask yourself if you have any responsibility in what's happening.	08 Hold space for someone in your life who's going through a hard time. Let them speak their truth.	09 Move through the ups and downs of your day with positivity, being thankful for what you have, and not dwelling on the negative.	10 Step off the train of addictive thoughts. Remind yourself that just because you have a thought, it doesn't mean you have to follow it.	11 What parts of yourself do you hide from the world? This part of you needs your love, acceptance, and compassion today.	12 Ask questions without expecting an answer but rather to cultivate a sense of curiosity, practice unknowingness, and inspire wonder.
13 Use the exhale as a guide to help you release habits, tendencies, or thoughts that no longer serve you.	14 Do one thing to bring your day into a better balance. If you're not sure where to start, try balancing your inhale with your exhale.	15 With compassion, explore the why behind your actions. Why do you do what you do? Notice if you've never questioned a particular habit.	16 Inch outside your comfort zone today. Take a risk and say yes to a healthy challenge or new experience in your life.	17 Connect with the artist within. Whether through paper mache, break dance, or poetry, allow yourself to create unselfconsciously.	18 Before your dinner offer gratitude for the food in front of you. Check out Calm's Mindful Eating Series to be led through this practice.
19 If your mind was a weather pattern today, what would it be?	20 Pay attention to your breath, noticing the subtle variation and nuance in each moment.	21 Listen to the mind and heart equally when you're making decisions today. Notice when they agree and disagree.	22 Practice patience and allow things to unfold in their own time.	23 Empathy is being with someone's pain, even feeling it with them, without trying to make it better. Offer empathy to someone today.	24 Notice any habitual ways you create unnecessary noise. Make space for more silence and notice what shifts and opens up for you.
25 As you brush your teeth, just brush your teeth. Be present and focus attentively, relish the sensations, sounds, and taste.	26 As you make choices about food, shopping, and transportation, pause and reflect on each individual action.	27 Practice mindful eating. Open your senses, eat slowly, and fully taste each bite.	28 Use the Open-Ended Meditation to play a bell every 30 minutes. Each time you hear the bell invite yourself back to the present moment.	29 Practice loving-kindness toward yourself today. May I be happy. May I be well. May I be safe. May I be at peace.	30 Listen to someone else's perspective today.

