

Community Offerings

Planning and programming is decided with the you to provide the resources and tools that are right for your community. A sample of classes and courses are included below which can be adjusted based on the age of the student, from pre-school through adulthood.

The Boy, The Mole, The Fox and The Horse: An exploration of Bravery, Kindness, Empathy and Self-Love through Art, Movement and Self-Reflection. (can be multi-week)

During this read along, we will explore our shared experiences and the ways we can love ourselves through them. We will celebrate our own brave moments as well as the ways we extend kindness to one another and ourselves. Come ready to feel loved as we enjoy an inspirational and beautiful book together and create inspirational art and affirmations too!

Cultivating Kindness: Creating Kindness Stones

Come ready to create, celebrate and share kindness too! We will decorate stones with kind words and positive affirmations then take a walk together to place some of the stones outside to uplift the community. You'll save a few stones for yourself too, as positive reminders to celebrate the awesomeness of you!

Cultivating Kindness: Spread the Love

Come ready to create, celebrate and share kindness too as we decorate notes with kind words and positive aspirations to remind you of the awesomeness of you and celebrate others to! You'll go home with notes to place in library books, on car windows, in mailboxes and more, to be unexpectedly discovered, brightening everyone's day and reminding us of the love that exists in the world! You'll save a few notes for yourself too, as reminders of the love and kindness that lives within you.

Cultivating Kindness: Bountiful Boxes

Come ready to create and explore joy! We will decorate bountiful boxes then fill them with a variety of kind works and positive affirmations that we will create together too! We also explore simple self-care tools you can add to your box too! Our bountiful boxes will overflow with reminders of the beauty of who we are and the importance of self-care and self-love. (can be multi-week)

Incredible You! A celebration of our Kindness, Strengths and Gifts

Come ready to create, share and celebrate! We will explore simple acts of kindness and share our strengths, love and gifts as we read through "Incredible You!", By Dr. Wayne Dyer and enjoy art activities to go with! You'll go home with reminders of the beauty of who you are and the love and gifts you bring to the world! (can be combined with "Creating Calm Moments and Positive Thoughts" below, and built into a multi-week class too)

Incredible You! Creating Calm Moments and Positive Thoughts

Come ready to breathe and connect with your calm, as we read through "Incredible You!" By Dr. Wayne Dyer. We will explore breathing as a way to calm and connect with ourselves and share ways we can focus on positive thoughts that remind us of just how brave, loving and beautiful we are!

Cultivating Kindness: Just Breathe

Let go of the idea of a meditation practice and cozy up to the beauty of a few meaningful breaths. In this class we will try a variety of simple breathing exercises that can calm you and ground you, cultivating kindness and compassion for ourselves. We will also discuss practical tools you can use when your breath isn't quite doing it for you and simple movement exercises could!

Cultivating Kindness: Creating an "I am!" and "I can!" Mindset

Healthy decisions support a positive sense of self as well as your physical and mental wellbeing. We will discuss making caring and self-empowering decisions and explore the benefits of positive "I am" and "I can" statements. Believing in yourself, the beauty of who you are and the light you share with the world can dramatically change the way you feel about yourself and in turn, interact with the world!

Cultivating Kindness: Calming Connections

We've all experienced the discomfort difficult emotions and thought patterns create as well as the desire to escape. In this class we will dive deeper to explore tools we can use to quiet our minds and connect to our body, soothing the discomfort in a positive way. From movement and laughter to breathing exercises and positive affirmations and weighted blankets, there will be something for everyone and lots of love too!



Katie Cavuto is a Social and Emotional Learning Specialist, Yoga Teacher and the founder of [Cultivating Kindness](https://cultivatingkindness.com). She believes in the importance of self-love to remind us of the gifts that we bring to the world and beauty of who we are. She promotes mindfulness as an important aspect of Social and Emotional Learning and aims to cultivate a more kind and loving world, starting with the way we love and care for ourselves. Love and Kindness starts with us then radiates outwards to everyone else.