

## BUILDING CALM, FOCUSED MINDS TOGETHER

The Mindful Mini Minds Crew is a delightful group of sea creatures dedicated to nurturing children's social and emotional learning (SEL) in the enchanting world of Mindful Bay.

Jasmine the Jellyfish: The Mindfulness Muse: She glided gracefully, embodying the essence of mindfulness.



Jasmine the Jellyfish glides into camp to help us slow down, notice our surroundings, and enjoy the moment. Through stories, games, gentle movement, and creative activities, children explore how to pause, focus, and tune into what's happening around them.

For kids:

- ❖ Noticing colors, sounds, feelings, and fun moments
- ❖ Learning how to slow down and enjoy the day

For parents:

This week gently supports attention, emotional awareness, and calm confidence — helping children feel grounded and ready for summer fun.



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Miles the Manatee swam gracefully, known far and wide for his big heart and gentle nature. Teaching children important lessons about love and kindness.

Sunny the Starfish: The Essence of Self-Love reminding everyone that self-love is key to navigating life's challenges.



### **Miles the Manatee (Kindness) & Sunny the Starfish (Self-Love)**

This joyful week is all about kindness — toward others and ourselves. Miles the Manatee shows campers how small acts of kindness make a big difference, while Sunny the Starfish helps children celebrate who they are and shine just as they are.

For kids:

- ❖ Being kind helpers and thoughtful friends
- ❖ Learning to feel proud of themselves

For parents:

Children practice empathy, positive self-talk, and healthy social connections in a nurturing, confidence-building way.



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Denver the dolphin-gratitude-Denver the Dolphin, with his joyful leaps and playful spirit, spreads gratitude wherever he goes



### Denver the Dolphin – Gratitude

Denver the Dolphin invites campers to notice the good things all around them. Through playful activities, reflection moments, and creative projects, children explore gratitude as a way to build joy, connection, and appreciation.

For kids:

- ✿ Finding joy in everyday moments
- ✿ Sharing what they're thankful for

For parents:

This week supports emotional awareness and positive thinking, helping children develop a thankful, optimistic outlook.



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Rayna the Ray: With her beautiful wings, Rayna embodied the spirit of connection.

Morgan the Moray-  
Compassion: had shown his friends that with compassion, they could build a community



### CONNECTION & FRIENDSHIP WEEK

#### RAYNA THE RAY & MORGAN THE MORAY

**THIS WEEK FOCUSES ON BUILDING FRIENDSHIPS, TEAMWORK, AND CONNECTION. CAMPERS PRACTICE LISTENING, COOPERATING, PROBLEM-SOLVING, AND CELEBRATING DIFFERENCES – ALL THROUGH GAMES, GROUP CHALLENGES, AND SHARED EXPERIENCES.**

**FOR KIDS:**  
★ **MAKING NEW FRIENDS**  
★ **LEARNING HOW TO WORK TOGETHER**

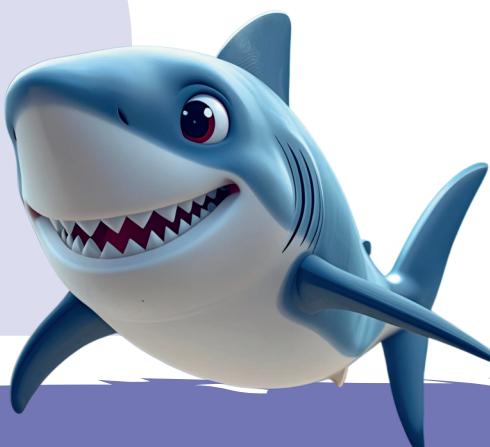
**FOR PARENTS:**  
**CHILDREN STRENGTHEN SOCIAL CONFIDENCE AND RELATIONSHIP SKILLS THAT SUPPORT FRIENDSHIPS AT CAMP, SCHOOL, AND BEYOND.**



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Sammy the Shark-  
resilience- Sammy the Shark, strong and determined, is the embodiment of resilience



### **Sammy the Shark – Resilience**

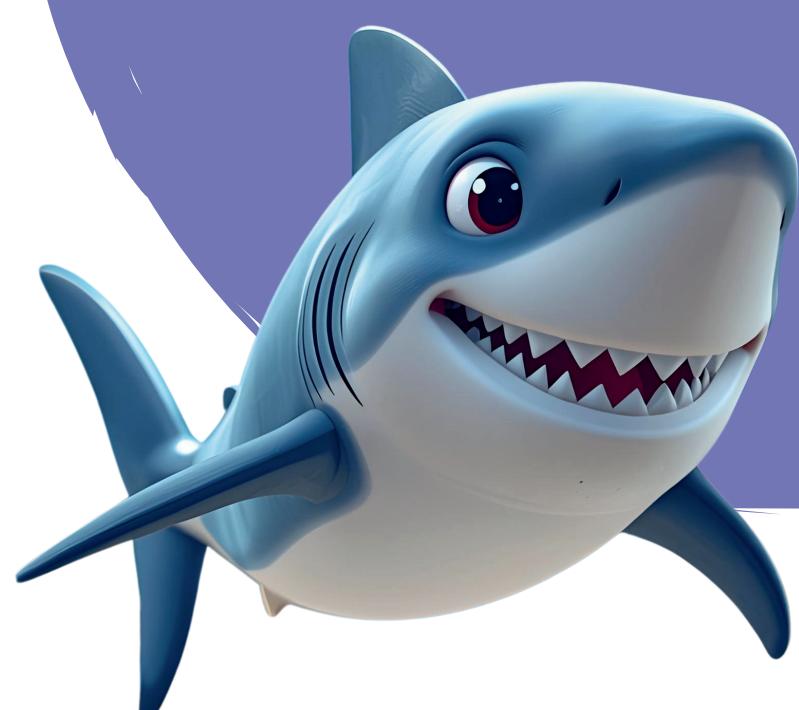
**Sammy the Shark helps campers learn how to bounce back when things feel tricky. Through movement games, challenges, and creative play, children explore what it means to try again, ask for help, and keep going.**

**For kids:**

- ✿ Trying new things
- ✿ Learning that mistakes help us grow

**For parents:**

**This week supports resilience, adaptability, and confidence — key skills for navigating challenges with courage.**



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Ollie the Octopus: Ollie teaches the power of forgiveness.



### **Ollie the Octopus – Forgiveness**

**Ollie the Octopus helps children explore forgiveness in age-appropriate, gentle ways. Campers learn how to let go of small frustrations, repair friendships, and move forward with kindness.**

**For kids:**  
✨ **Fixing friendships**  
✨ **Learning how to let things go**

**For parents:**  
**Children practice emotional regulation, empathy, and conflict resolution in a supportive environment.**



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Tilly the Turtle: Slow and steady, Tilly showed the importance of perseverance



### **Tilly the Turtle – Perseverance**

**Tilly the Turtle reminds campers that slow and steady wins the race. Through challenges, creative projects, and teamwork, children practice patience, effort, and believing in themselves.**

**For kids:**

- ✿ Keeping going even when something feels hard
- ✿ Feeling proud of their effort

**For parents:**

**Children build perseverance, confidence, and a growth mindset – skills that support learning and self-belief.**

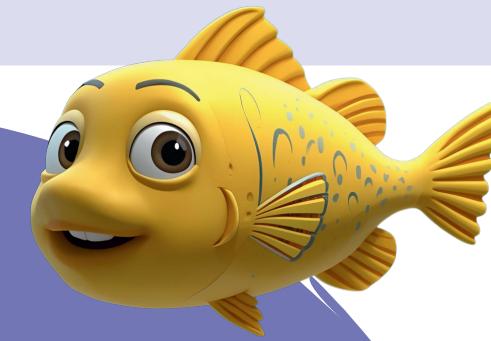


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Benny the Blue fish- self regulation: With his calming presence, Benny teaches children how to manage their emotions

Fin the Flounder - The Flexible Thinker  
Through Fin's gentle guidance, children embraced the idea that flexibility was not just a skill but a way of seeing the world with fresh eyes and an open heart.



### **Benny the Blue Fish (Self-Regulation) & Finn the Flounder (Flexible Thinking)**

**This dynamic duo helps campers navigate big feelings and unexpected changes. Benny introduces tools for calming bodies and minds, while Finn encourages flexible thinking and problem-solving.**

**For kids:**

- ★ Learning ways to calm down
- ★ Figuring out new solutions

**For parents:**

**This week supports emotional regulation, adaptability, and executive functioning — essential skills for school and everyday life.**



## MINDFUL MINI MINDS CREW POSTER



JASMINE THE JELLYFISH



DENVER THE DOLPHIN



MILES THE MANATEE



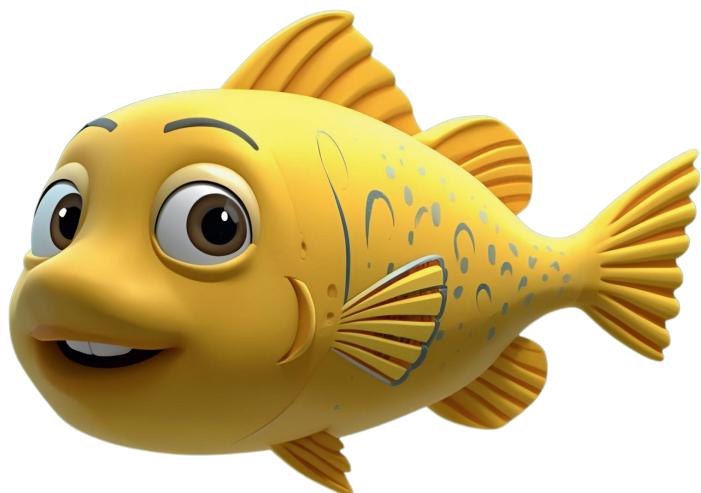
SUNNY THE STARFISH



OLLIE THE OCTOPUS



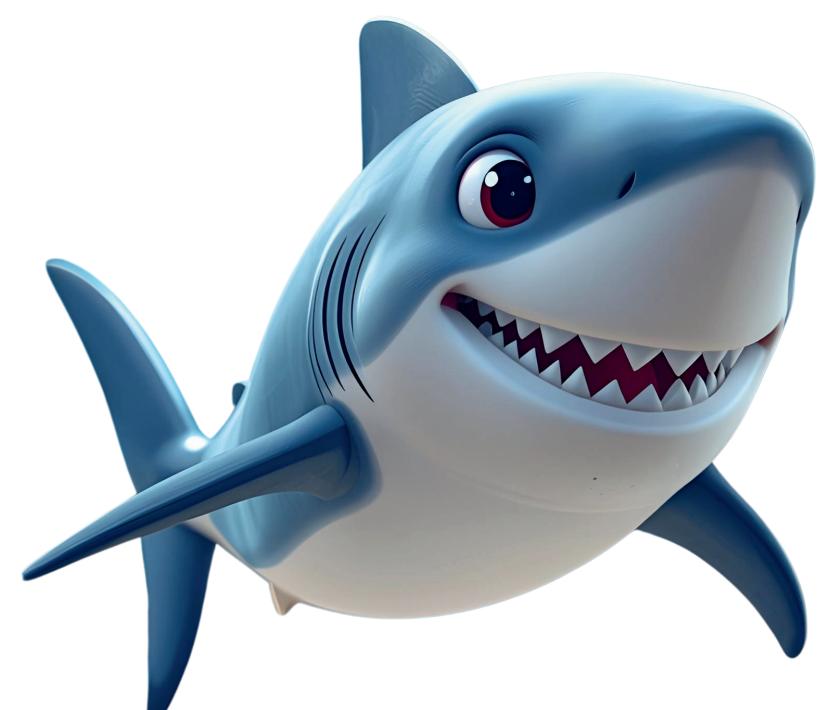
RAYNA THE RAY



FINN THE FLOUNDER



MORGAN THE MORAY



SAMMY THE SHARK



BENNY THE BLUE FISH



TILLY THE TURTLE

# MINDFUL MINI MINDS CREW POSTER



JASMINE THE JELLYFISH



DENVER THE DOLPHIN



MILES THE MANATEE



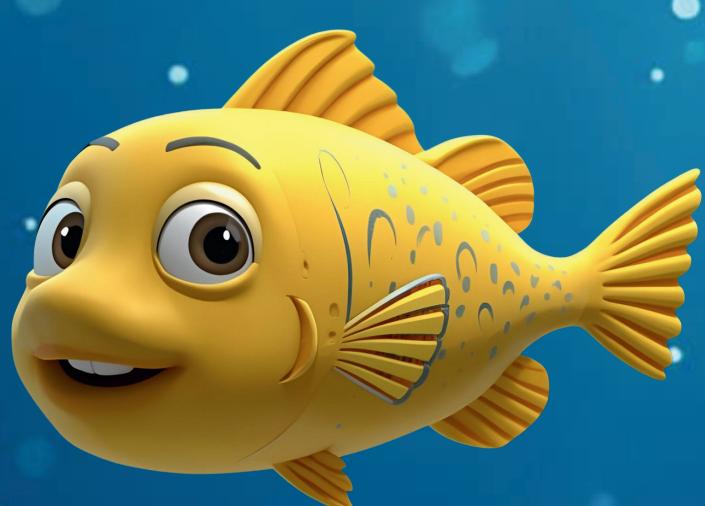
BENNY THE BLUE FISH



OLLIE THE OCTOPUS



RAYNA THE RAY



FINN THE FLOUNDER



MORGAN THE MORAY



SAMMY THE SHARK



SUNNY THE STARFISH



TILLY THE TURTLE

## A CREW THAT GROWS TOGETHER

TOGETHER, THE MINI MIND CREW SUPPORTS CHILDREN AS THEY:

- ✓ BUILD FRIENDSHIPS
- ✓ GROW CONFIDENCE
- ✓ PRACTICE EMPATHY AND KINDNESS
- ✓ LEARN TO NAVIGATE EMOTIONS
- ✓ ENJOY A SUMMER FULL OF PLAY, CREATIVITY, AND CONNECTION