MINDFULNESS ACTIVITIES

FOR KIDS





20 BREATHING LESSONS

FLOWER CRAFT + COOTIE CATCHER

131 PAGES

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One classroom license

- This file is for one teacher, one classroom or one family.
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This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a box, type, and Save As.
- Every page also prints, so children can write and color by hand.
- It works offline. No account, no subscription, no internet connection needed.

Student work

A completed page carries a child's name and how the child says they feel. Store it, hand it over and throw it away the way you would any other student work.

What this is, and is not

These are simple practice pages for the classroom and home. They are not therapy, they do not treat anything, and they do not replace the support a child's own team provides. Follow your school's rules.

Need help?

If a box will not behave, use Ask a Question on the product page before leaving a review. A fix to the file ships as a free update.

PREVIEW

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A Five-Minute Practice and Ways to Use It

One short routine, then the places it fits. Change any of it to fit your room.

The five-minute practice

1. Pick a lesson from page 5. Let the children choose when you can.
2. Say the three steps slowly, then breathe together three times.
3. Do one body scan step from page 32.
4. Look around with page 33 or page 34.
5. Fill in the feelings page 27 or the check-in, page 29, and color a star on the log.

Words you could say

- "Let's try the balloon breath."
- "Breathe in. Now out, nice and slow."
- "What do you notice in your body?"
- "You can stop whenever you want."

Make it easier

- Do one breath, not three.
- Use the same lesson all week.
- Let a child hold the lesson card.
- Skip any step a child does not want to try.

Where it fits

- A calm corner.
- Morning meeting.
- After recess.
- A small group.
- A change from one task to the next.
- At home, page 46.

Your own notes

PREVIEW

My name _____ Date _____

Pick a lesson. Point to it.



1 Bubble
page 6



2 Candle
page 7



3 Balloon
page 8



4 Flower
page 9



5 Feather
page 10



6 Kite
page 11



7 Windmill
page 12



8 Warm Mug
page 13



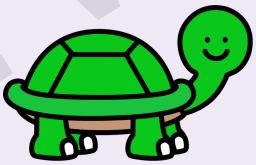
9 Sailboat
page 14



10 Wave
page 15



11 Butterfly
page 16



12 Turtle
page 17



13 Bear
page 18



14 Lion
page 19



15 Snail
page 20



16 Snowflake
page 21



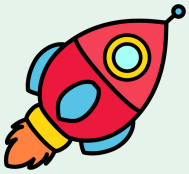
17 Rainbow
page 22



18 Moon
page 23



19 Bee
page 24



20 Rocket
page 25

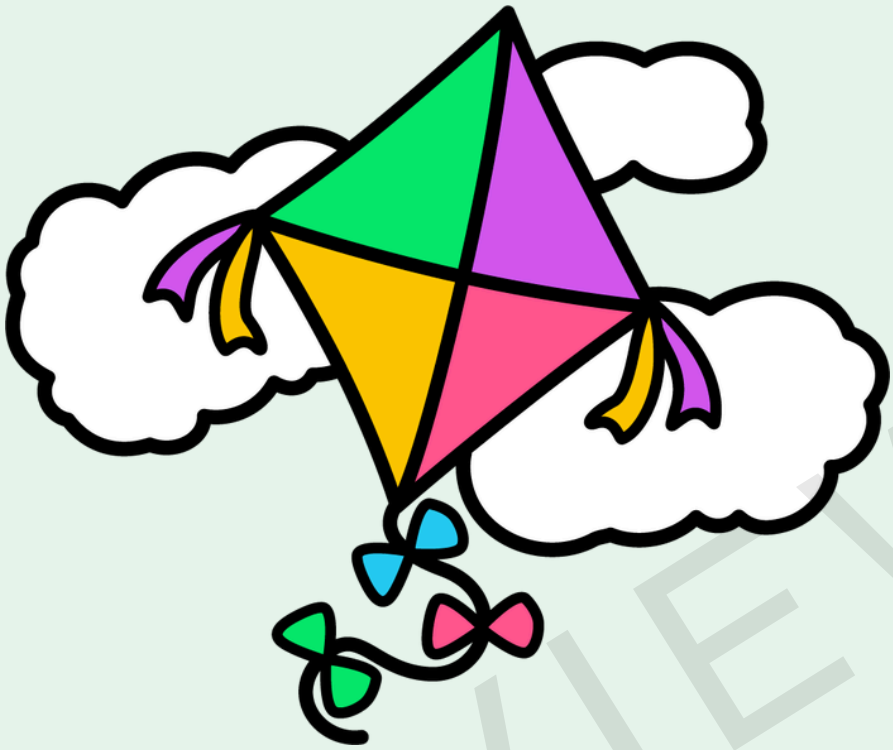
I picked lesson number _____

PREVIEW

Preview - Bright Path Shed

My name _____ Date _____

Lesson 6. Look at the picture. Try the breath.



KITE BREATH

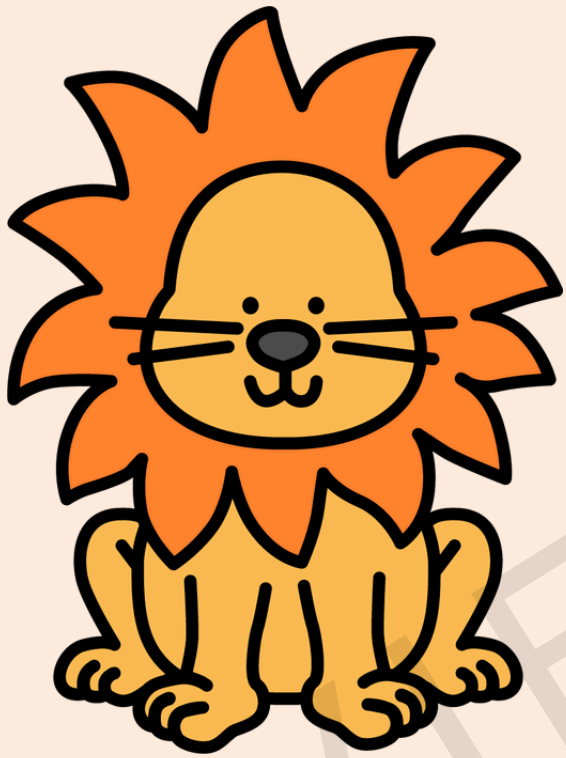
1. Breathe in as your kite goes up.
2. Breathe out as it floats down.
3. Trace a kite in the air.

Do it 3 times. Color a circle each time.

PREVIEW

My name _____ Date _____

Lesson 14. Look at the picture. Try the breath.



LION BREATH

1. Sit tall like a proud lion.
2. Breathe in through your nose.
3. Breathe out with a quiet roar.

Do it 3 times. Color a circle each time.

○ ○ ○

PREVIEW

TAKE A BREATH





Breathe in
through your nose

Breathe out
slow and soft

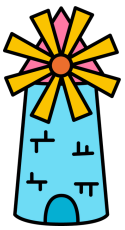
Pick a card. Do it 3 times.











PREVIEW

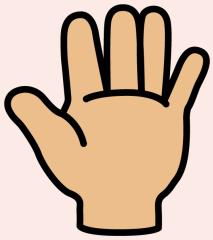
My name _____ Date _____

Go on a look-around. Write what you find.



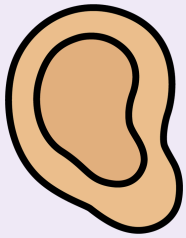
Find something blue.

I see _____



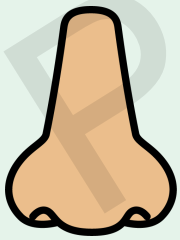
Find something soft.

I touch _____



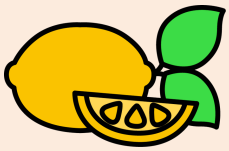
Listen for a sound far away.

I hear _____



Smell something that smells good.

I smell _____



Think of a taste you like.

I taste _____

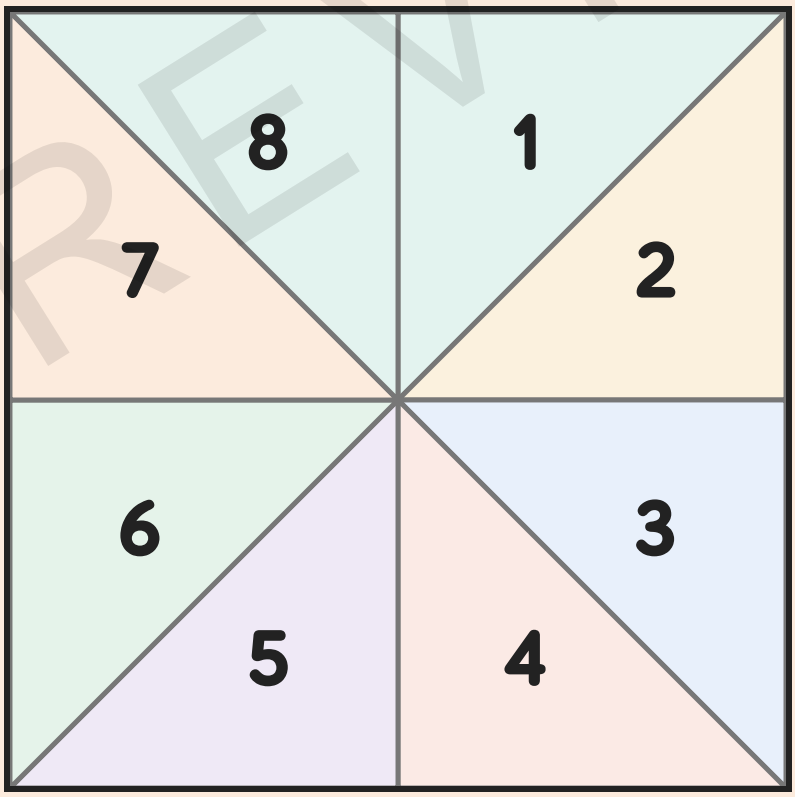
PREVIEW

My name _____ **Date** _____

✂ Cut the tiles. Glue each in its triangle.

1  Take 3 slow breaths.	2  Squeeze a pillow.	3  Hand on your heart.	4  Wiggle your toes.
5  Listen for 3 sounds.	6  Draw for 1 minute.	7  Sip some water.	8  Ask for help.
My own _____ _____	My own _____ _____	My own _____ _____	My own _____ _____

Glue each tile in the triangle with the same number.



PREVIEW

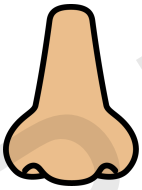
My name _____ Date _____

Lesson 2. Look. Breathe.



CANDLE BREATH

1



In

2



Out

3

Again

Draw how you feel.

PREVIEW

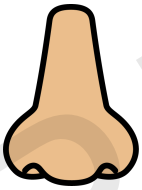
My name _____ Date _____

Lesson 9. Look. Breathe.



SAILBOAT BREATH

1



In

2



Out

3

Again

Draw how you feel.

PREVIEW

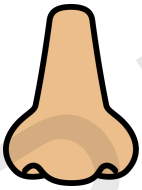
My name _____ Date _____

Lesson 17. Look. Breathe.



RAINBOW BREATH

1



In

2



Out

3

Again

Draw how you feel.

PREVIEW

My name _____ Date _____

Lesson 4. Write the three steps.



FLOWER BREATH

My steps

1. _____
2. _____
3. _____

After, I felt

_____

_____

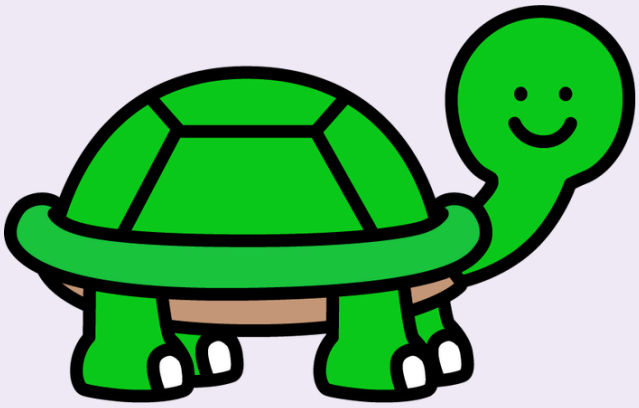
_____

PREVIEW

Preview - Bright Path Shed

My name _____ Date _____

Lesson 12. Write the three steps.



TURTLE BREATH

My steps

1. _____

2. _____

3. _____

After, I felt

_____

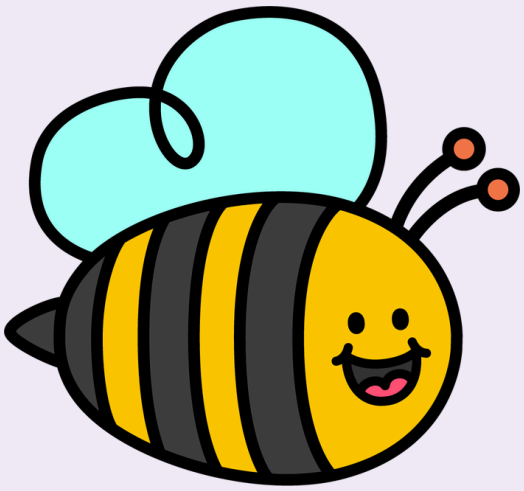
_____

_____

PREVIEW

My name _____ Date _____

Lesson 19. Write the three steps.



BEE BREATH

My steps

1. _____

2. _____

3. _____

After, I felt

_____

_____

_____

PREVIEW



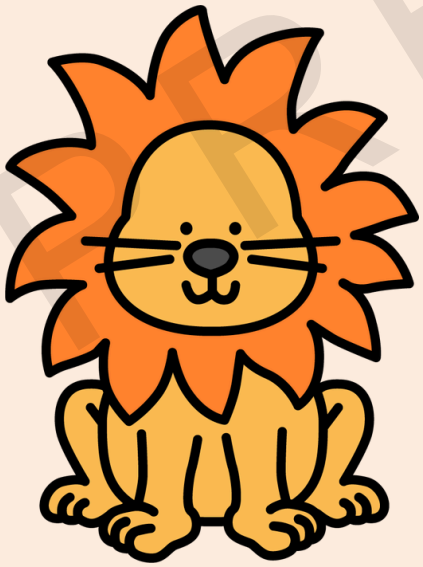
Lesson 13

BEAR BREATH

1. Sit tall like a big, sleepy bear.
2. Breathe in. Fill up your tummy.
3. Breathe out with a long, soft sigh.

Do it 3 times.

Trim along the dashed line. Punch a hole in the ring at the corner. Add a binder ring.



Lesson 14

LION BREATH

1. Sit tall like a proud lion.
2. Breathe in through your nose.
3. Breathe out with a quiet roar.

Do it 3 times.

PREVIEW

Preview - Bright Path Shed

PICK A BREATH



BUBBLE BREATH



CANDLE BREATH



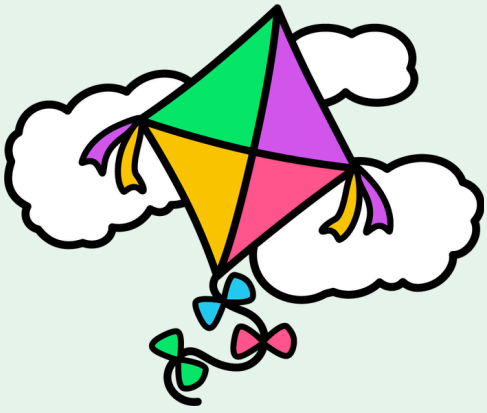
BALLOON BREATH



FLOWER BREATH



FEATHER BREATH

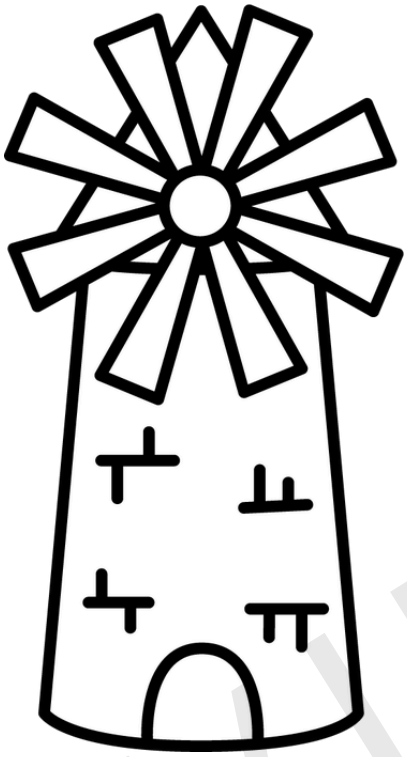


KITE BREATH

PREVIEW

My name _____ Date _____

Lesson 7. Look at the picture. Try the breath.



WINDMILL BREATH

1. Breathe in. Look at the blades.
2. Blow out and make them spin.
3. Slow down. Let them rest.

Do it 3 times. Color a circle each time.

PREVIEW

My name _____ Date _____

Lesson 14. Look at the picture. Try the breath.



LION BREATH

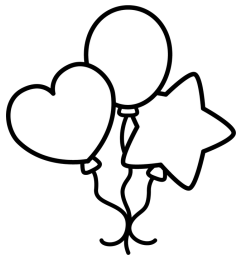
1. Sit tall like a proud lion.
2. Breathe in through your nose.
3. Breathe out with a quiet roar.

Do it 3 times. Color a circle each time.

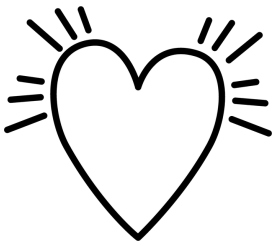
PREVIEW

My name _____ Date _____

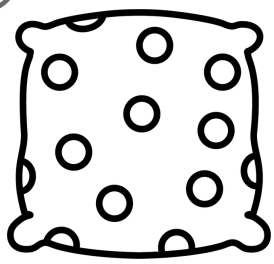
Color 3 circles. Pick what helps.



Breathe like a balloon



Hand on my heart



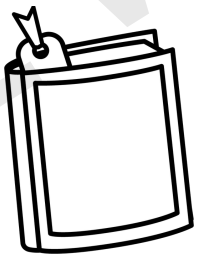
Squeeze a pillow



Color a picture



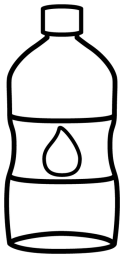
Listen to quiet music



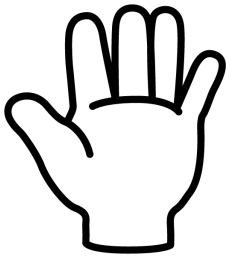
Look at a book



Sit in the calm corner



Sip some water



Ask for help

My first choice is _____

PREVIEW