Calmer Kids

Connecting learning and wellbeing

MINDFULNESS JOURNAL

MINDFULNESS ACTIVITIES FOR KIDS

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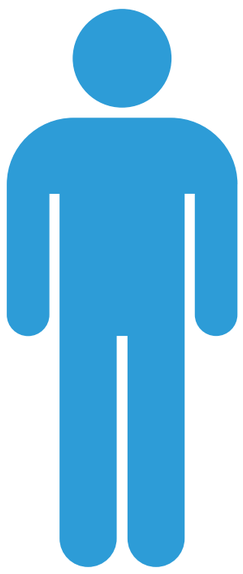
Why I need

Mindfulness

Decreases worry and increases positivity

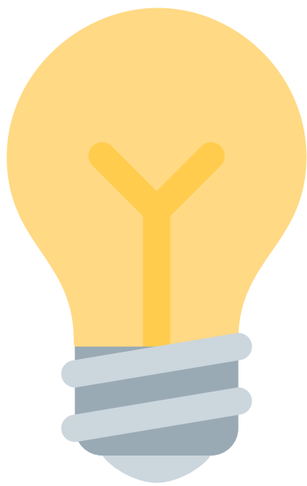
Increases self awareness and self love



Improves health and body image

Develops emotional regulation

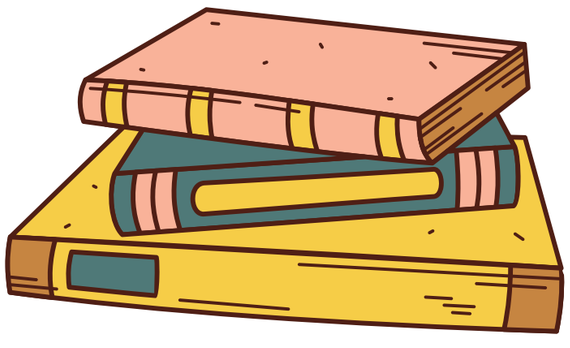
Improves mood and positive attitude



Improves social skills and connection

Better decision making and thinking

Improves concentration



Improves sleep

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Gratitude Scavenger Hunt

1. Find something that's your favorite colour.

2. Find something that makes you smile.

3. Find something to give to someone else to make them smile.

4. Find something you're thankful for in nature.

5. Find something you like to look at.

6. Find someone you're grateful for.

7. Find something that makes you laugh.

8. Find something that smells good.

9. Find something you like the taste of.

10, Find a place that makes you feel happy and safe.

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Self Check In

It's helpful for us to check in with ourselves so we know how we are feeling. We should do this everyday. Imagine you are asking a good friend how they are feeling and listen for your own answer.

Happy

Sad

Hopeful

Grumpy

Calm/ relaxed

Worried/ anxious

Excited

Angry/ frustrated

If you're feeling a difficult emotion, it can help to talk to someone about how you're feeling or use one of the other actvities in this book.
Write down how you feel below, or circle the picture.

Today I am feeling: _____

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Five Finger Breathing

Our breathing can help us to feel calm.
Colour in the hand and then trace your finger around the outside slowly. Start at the bottom of the thumb and breathe in up the thumb, and out down the thumb. Breathe in up the first finger and out down the finger. Continue over all the fingers and then breathe normally. Notice how you feel.

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Things that make me feel Happy

Write or draw the things that make you happy inside the sun. Come back to these things when you're feeling sad or upset.

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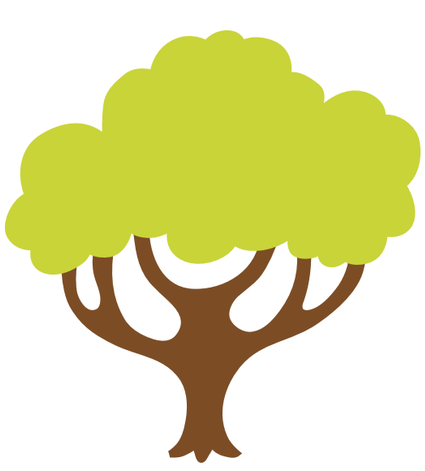
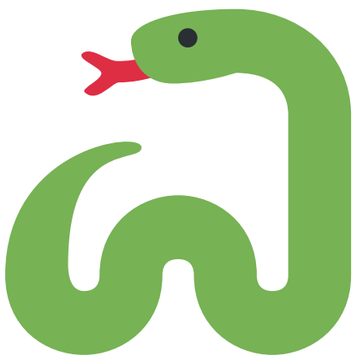
Calm Down Yoga Poses

Try the following poses when you need to calm down.
Always finish with a star.



I am calm

Balance on one leg and be calm like a tree.

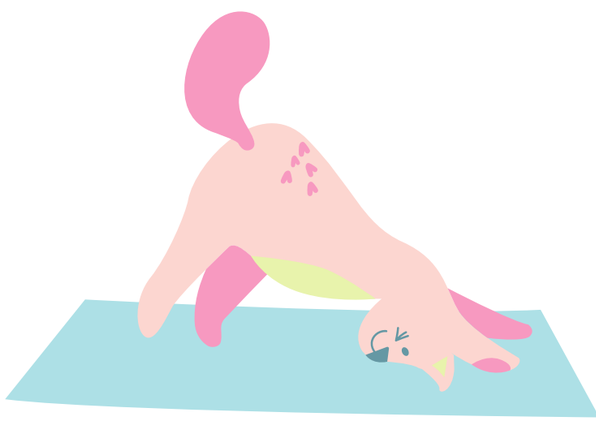


I am curious

Like on your belly, lift your chest and be curious like a snake

I am happy

Stretch like a happy dog wagging its tail.

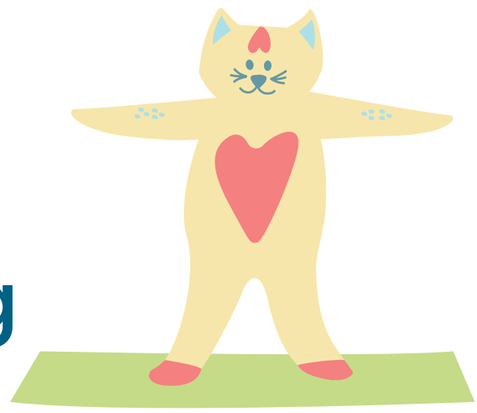


I am brave

Be brave like a surfer catching big waves.

I am special

Make your body like a big shinning star. You are special.



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Things that make me feel Calm

Write or draw the things that make you calm in the box below:

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My People

Think about the people you love in your life and the people that help you. They could be your teachers, your family and your friends. Write or draw these people.

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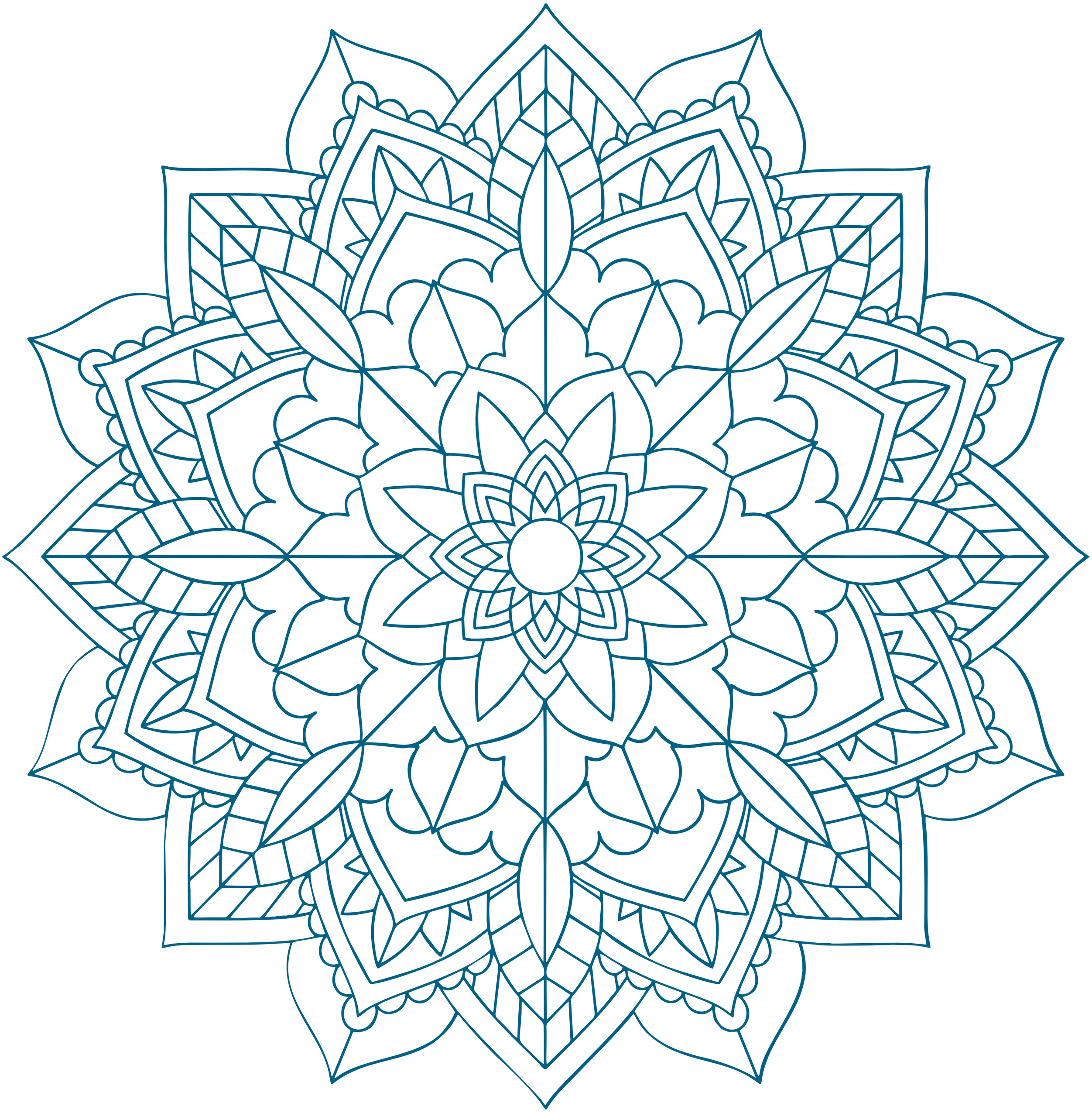
Mindful Colouring



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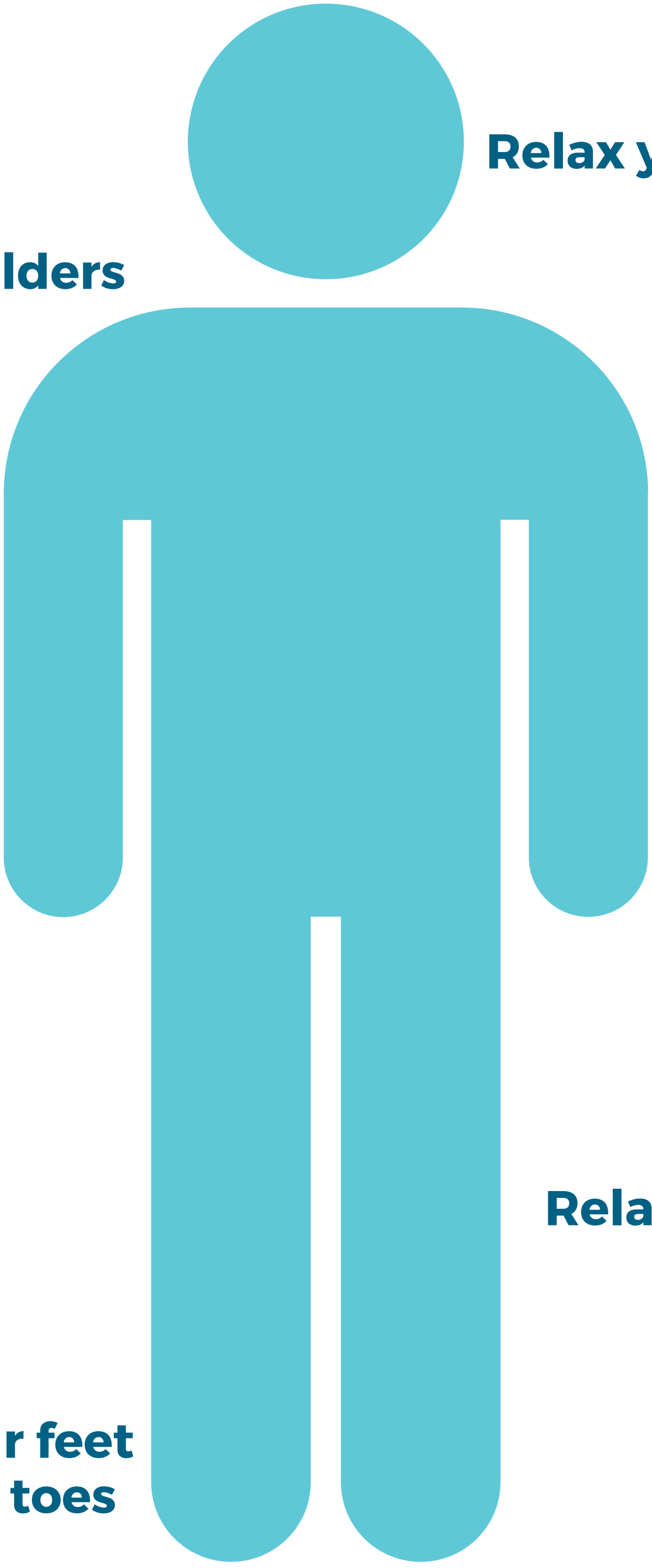
Body Scan

Imagine these parts of your body relaxing as you breathe in and out slowly.

Relax the top of your head

Relax your eyes and jaw

Relax your shoulders



Relax your tummy

Relax your hands and fingers

Relax your legs

Relax your feet and your toes

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Things I love about ME

You are special. Think about the things you love about yourself. Write or draw them in the heart below.

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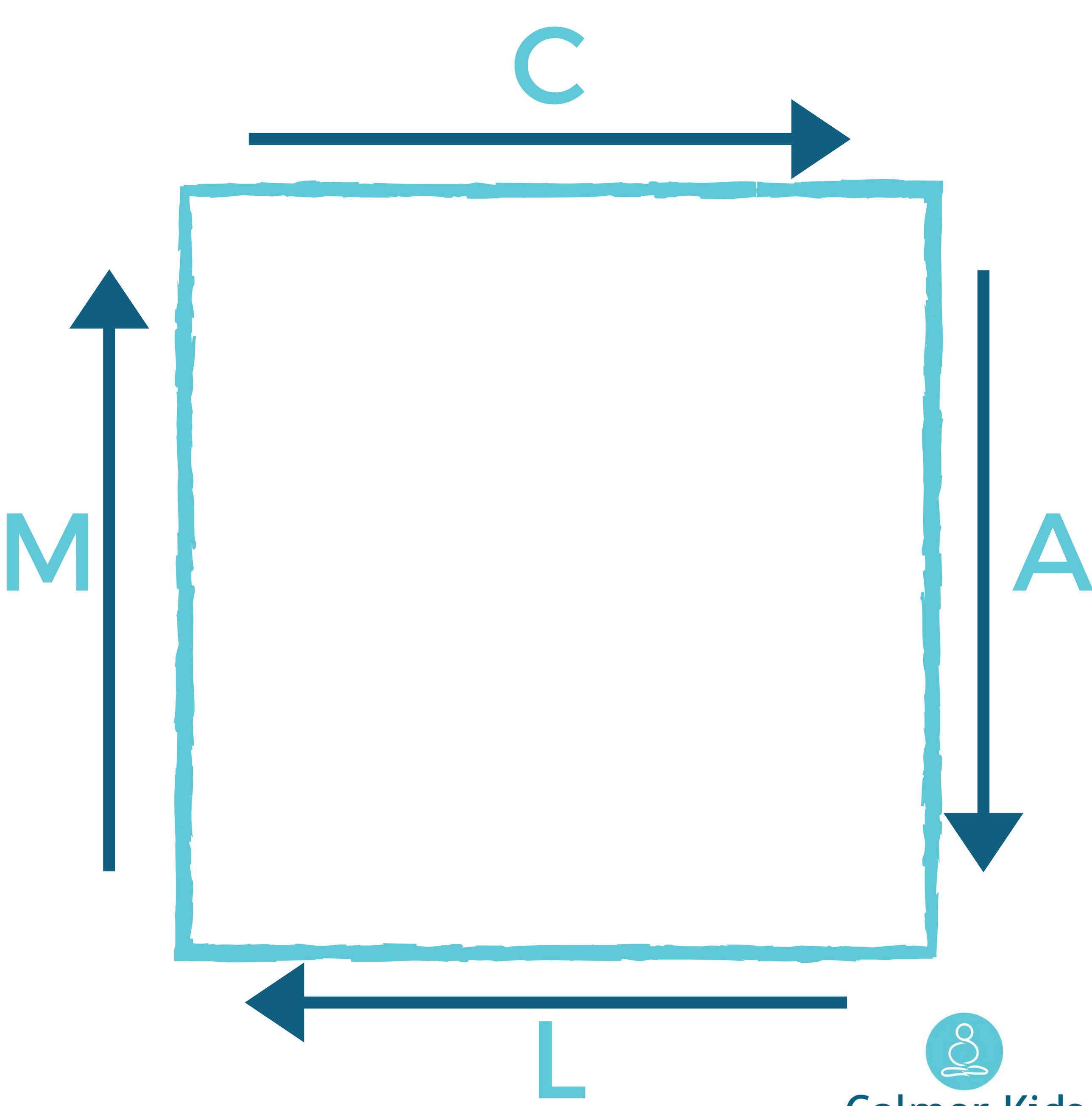
Square Breathing

Breathe in as you trace your finger along the C, hold your breath as you trace down the A, breathe out as you trace along the L and hold your breath as you trace up the M. Repeat 3 times. Notice how you feel afterwards.



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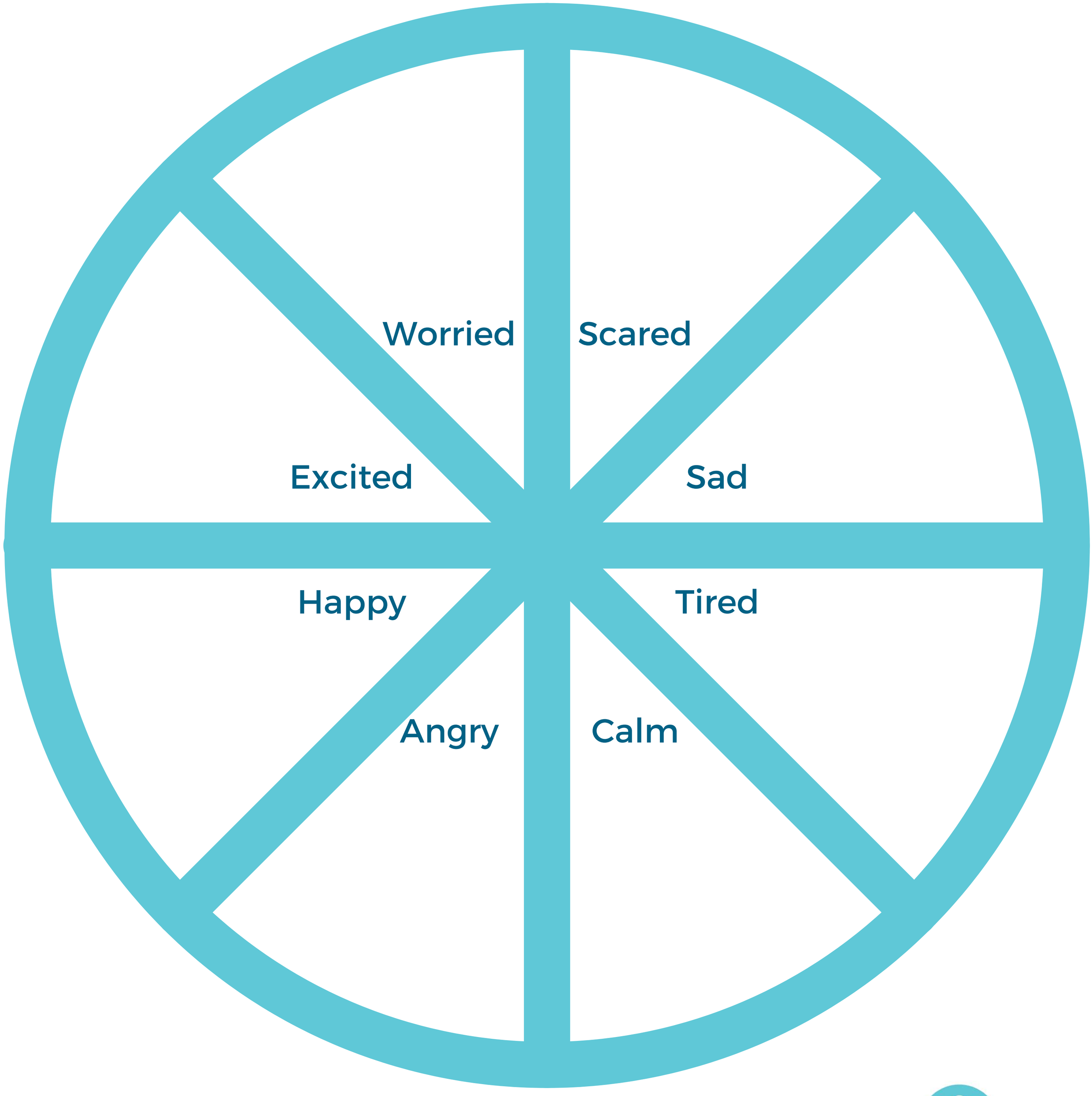
Emotions Wheel

Draw a picture or choose a colour to match each of the feelings below.



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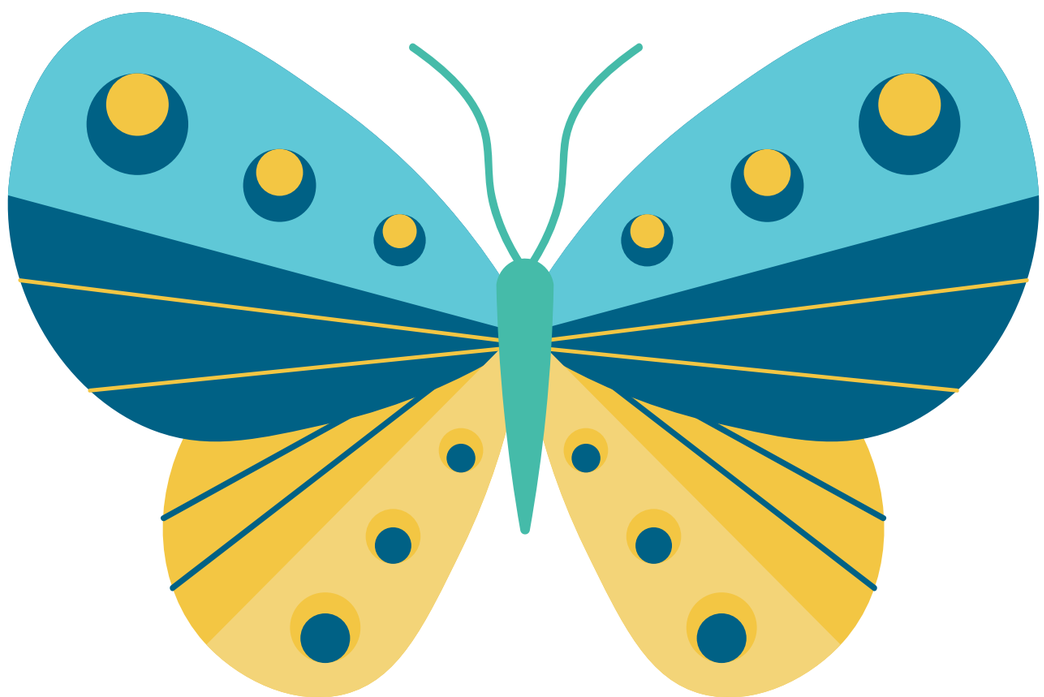
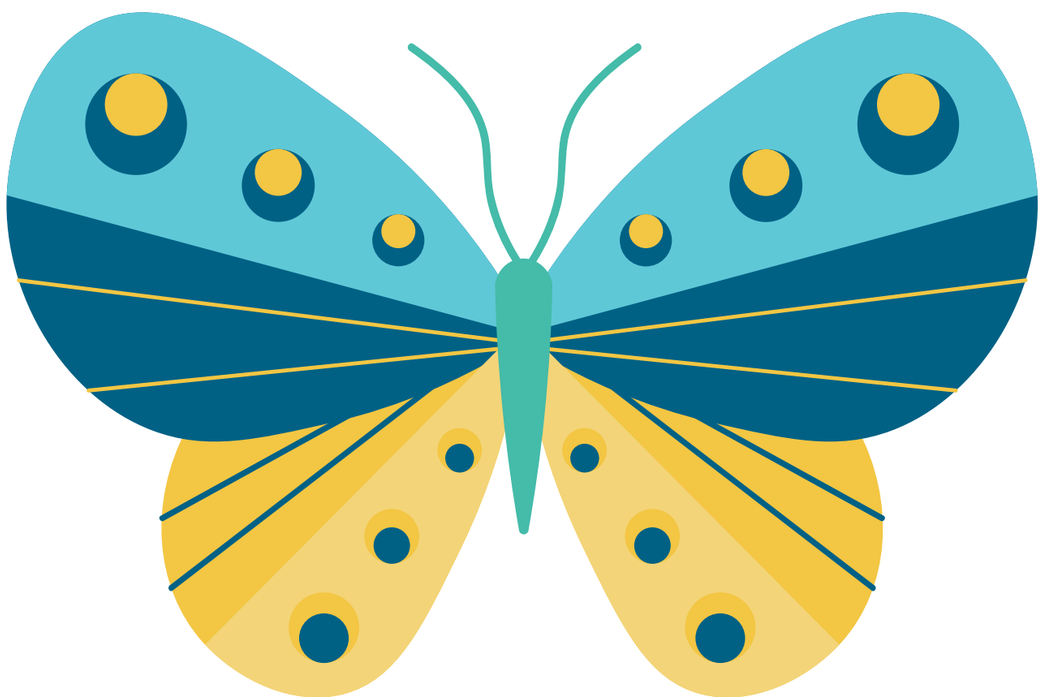
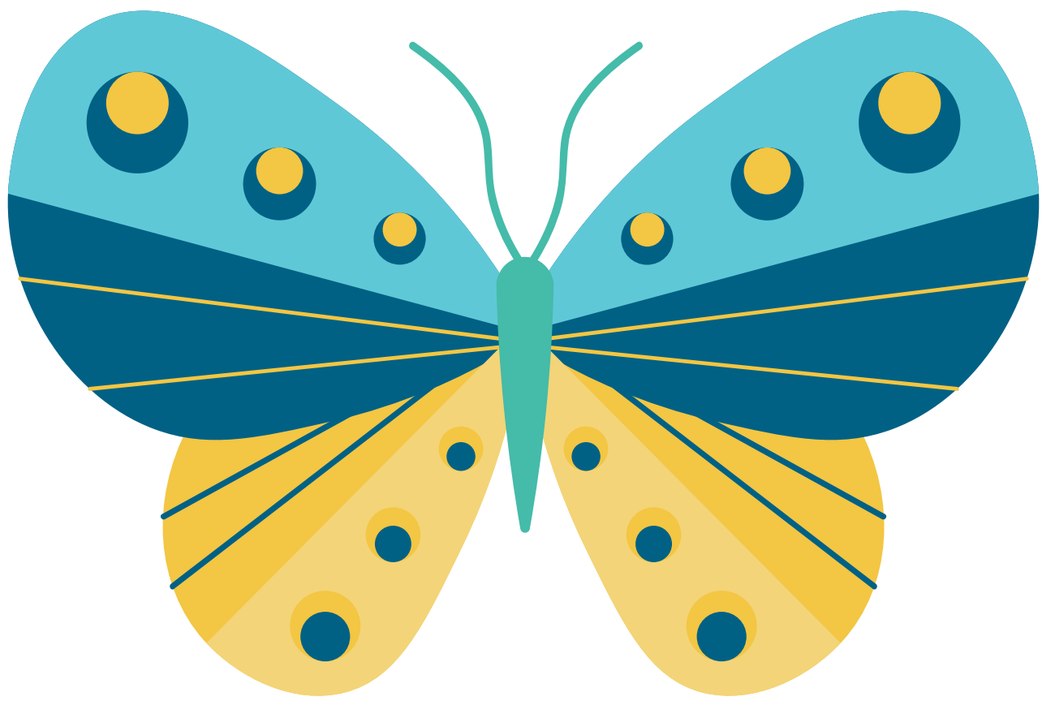
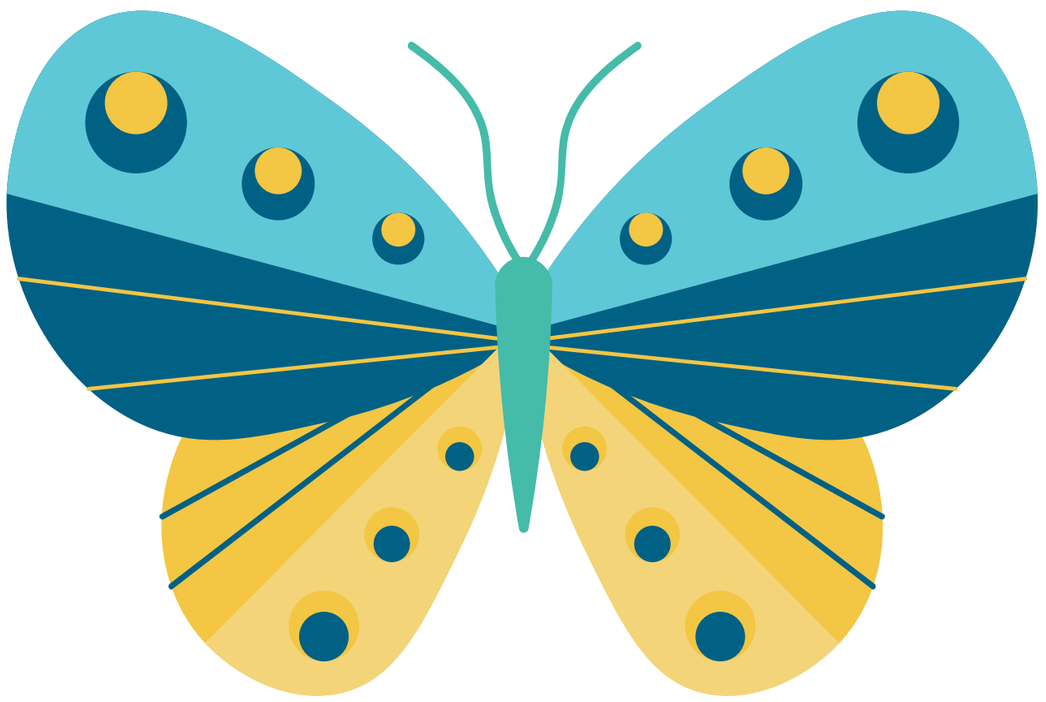
Catching Butterflies

Sometimes when we are worried it can feel like we have butterflies in our tummy! When you get these feelings, write or draw your worries below the butterflies on this page. When we catch or notice our worries it can help us to let them go.









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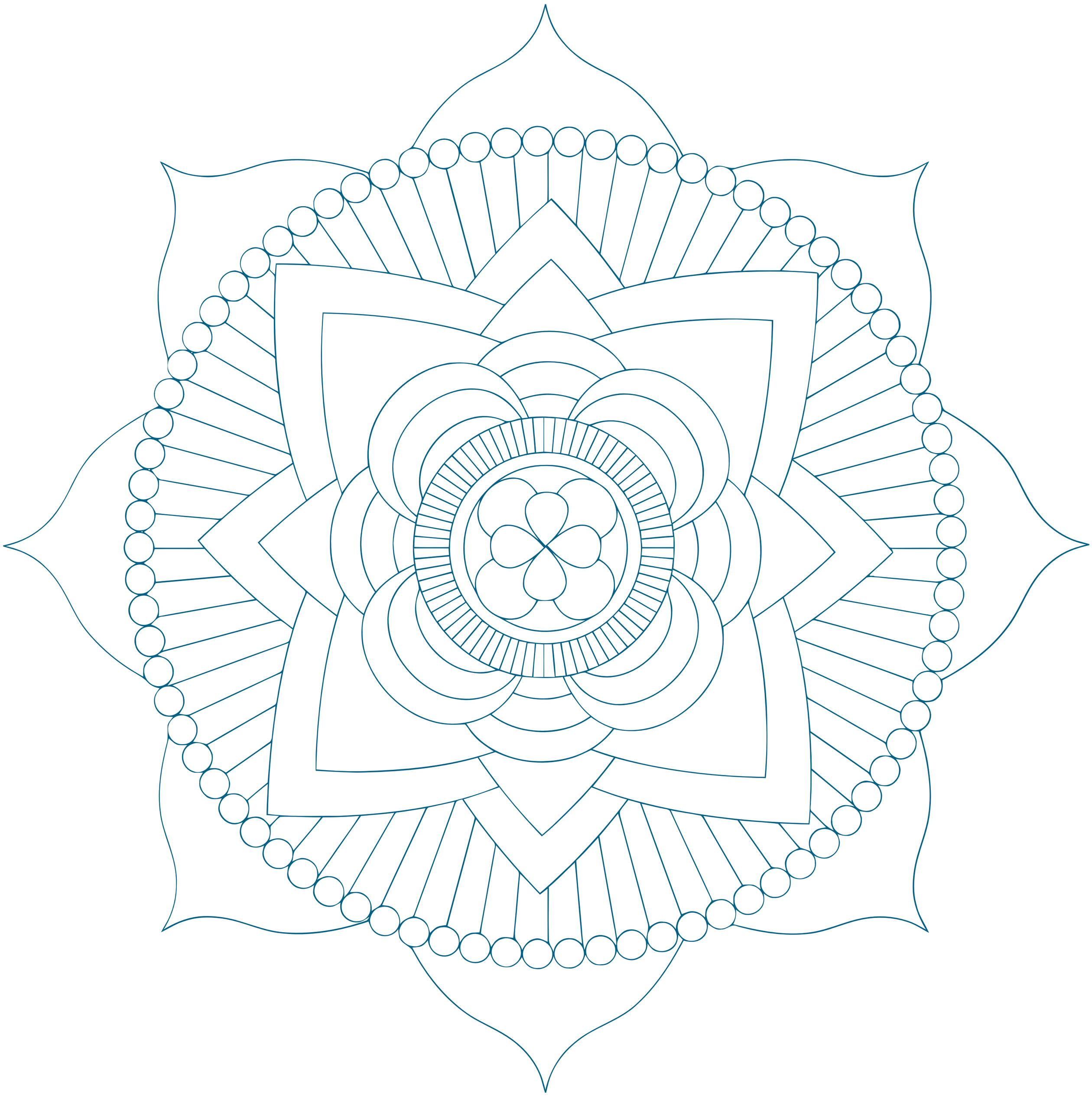
Mindful Colouring



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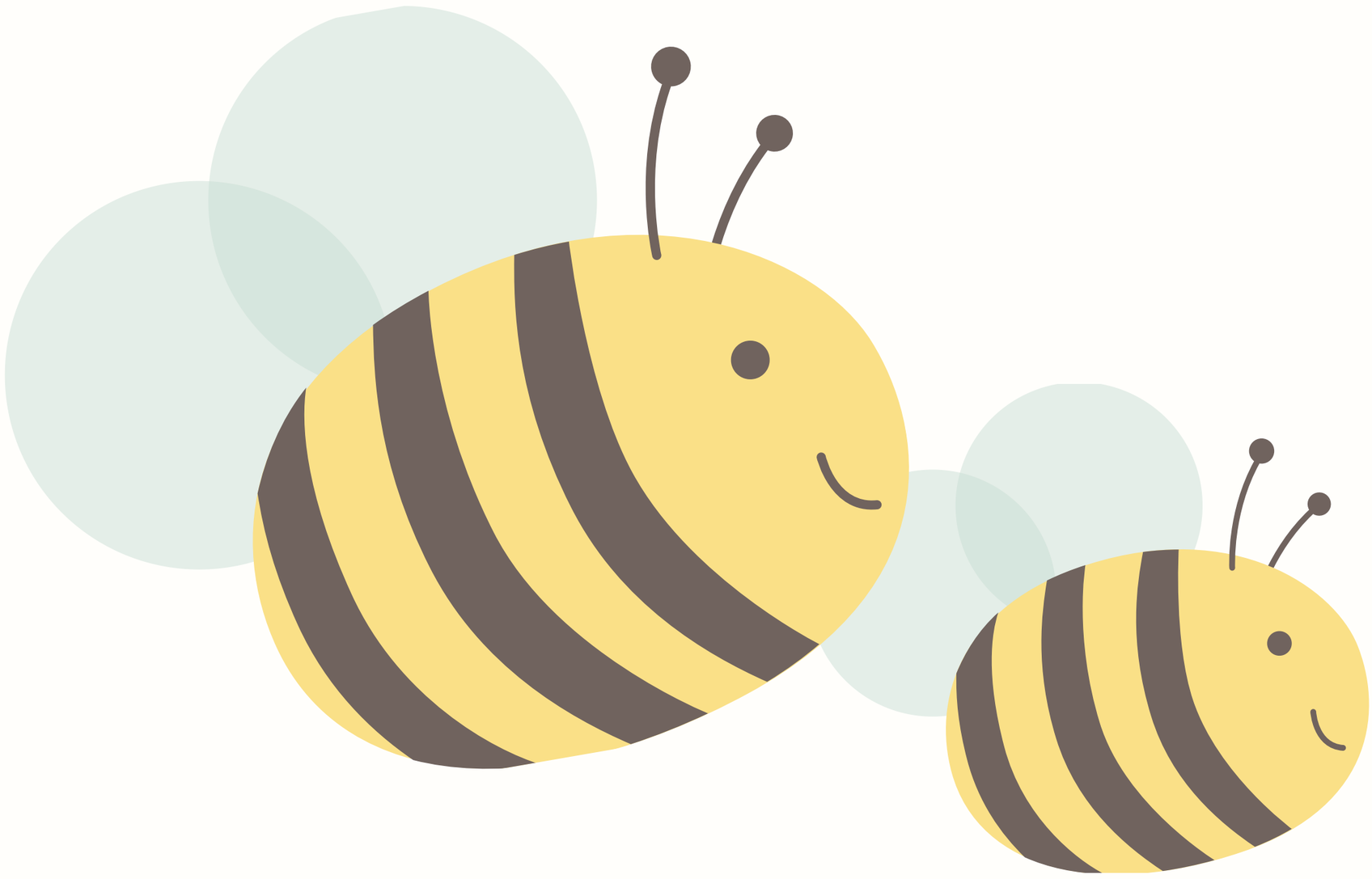

Buzzy Bee

Breath

Cover your ears with your hands and breathe in deeply. As you breathe out make a humming sound with your mouth closed.

Repeat 3 -5 times to help you feel calm.

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How do I fill my bucket?

Think of all the things that fill you up and make you feel happy. Write or draw them on the bucket or use the cut outs on the next page and stick onto your bucket below.

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Fill your bucket

Use the cut outs to write or draw the things that fill you up and stick onto your bucket.

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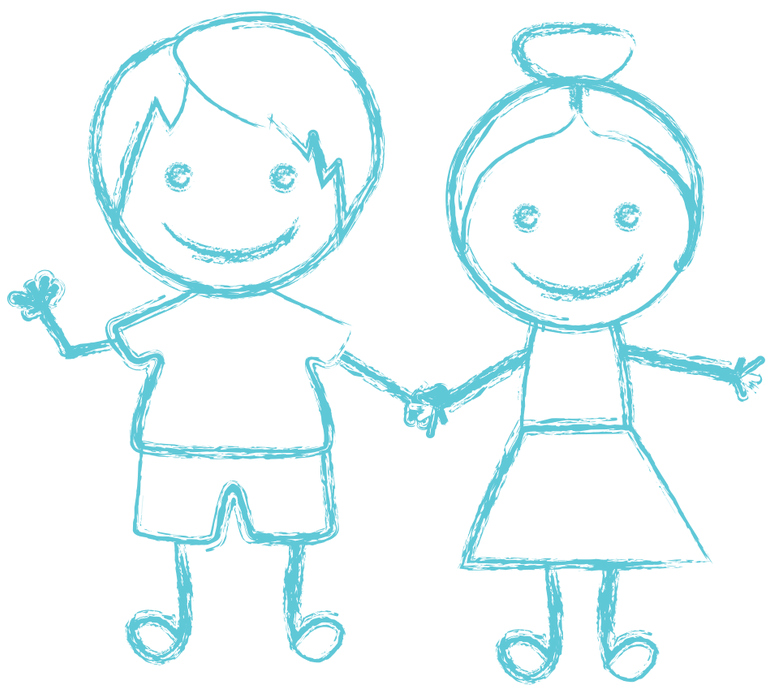
BE KIND

5 ways to practice kindness.



Monday: Smile at someone.

Tuesday: Do a good deed for someone.

Wednesday: Say thank you to someone.

Thursday: Share something of yours.

Friday: Give someone a hug.

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Mindful Colouring

Say the words below in your mind as you colour them in.

CALM

LOVED

BRAVE

AMAZING

STRONG

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Star Breathing

Colour in the star and then trace your finger around the outside slowly. As you move up each side, breathe in slowly, as you move down each side, breathe out deeply. Return to normal breathing and notice how you feel. Repeat if you need.

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Things that make me feel Sad

It can help us to be aware of the things that make us sad or upset so we can recognise when we are feeling this way. write or draw things that make you feel sad in the cloud.
Just like the clouds and the rain, our feelings don't last, they are always changing.

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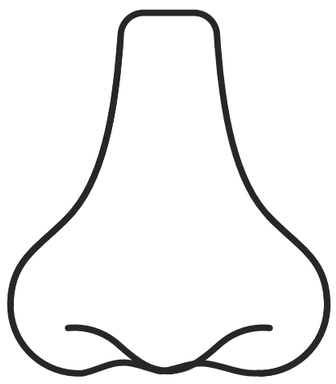
Mindfulness 5-4-3-2-1

Can you notice the following:

5 things you can see

4 things you can touch or feel

3 things you can hear



2 things you can smell

1 thing you can taste

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MY SPECIAL PLACE

Think about a special place that makes you feel safe and happy. What does this place look like? What colours do you see? what do you feel?

Draw or write your special place below:

RETURN HERE WHEN YOU NEED

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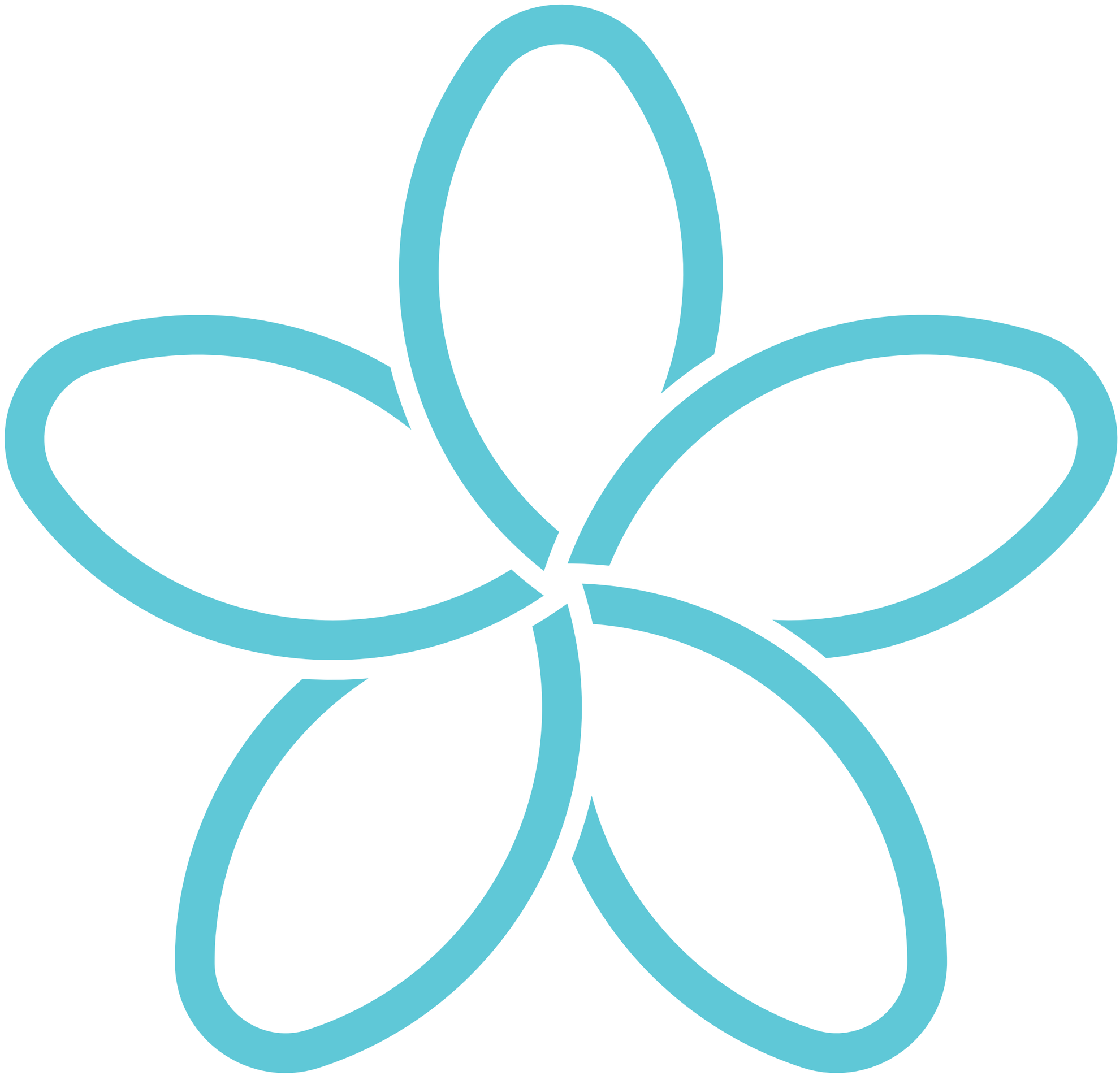
Happy Feelings

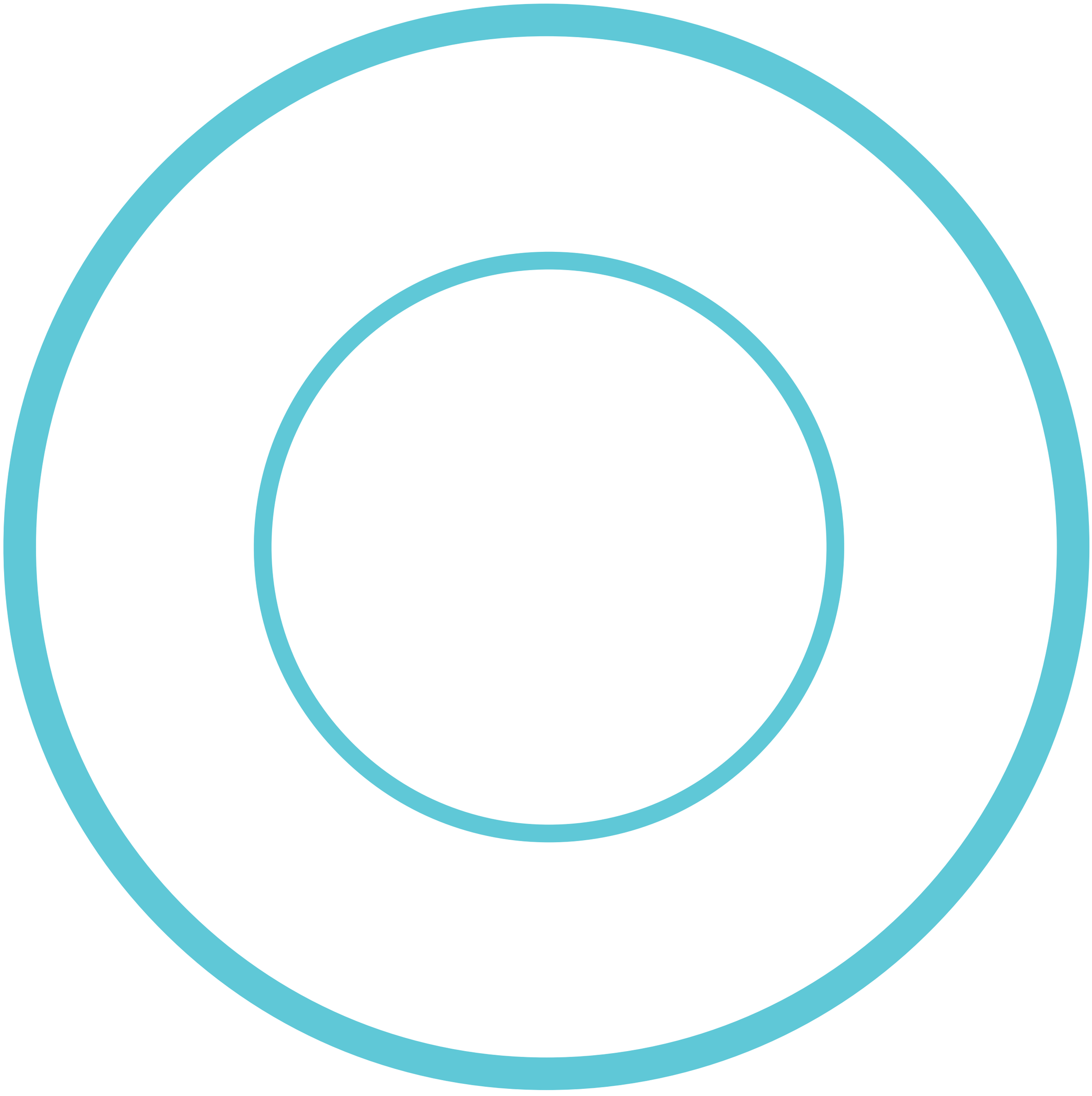
Happy feeling words can help us believe in ourselves and to feel better when we're sad. They also help us to think more positively.
Using the words below or making up your own, fill in the flower with 6 affirmations for yourself.



I AM STRONG – I AM BRAVE – I AM SAFE – I AM SPECIAL – I AM LOVED – I AM CLEVER – I AM GRATEFUL – I AM KIND I AM FOCUSED – I AM KIND – I AM CALM – I AM CREATIVE – I AM PRESENT – I AM PEACEFUL – I AM DETERMIND – I AM GENTLE – I AM AWESOME – I AM WORTHY – I AM LOVED – I AM ENOUGH

Circle of Control

In the middle of the small circle write down or draw the things you can control.
In the big circle write down or draw the things that are out of your control.



I focus on the things I can control.
I let go of the things I cannot control.

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My Calm Reminders

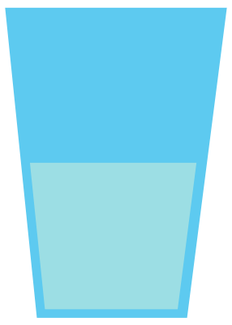
Remember all feelings are ok and they always change

Go for a walk or a run

Take breaks or a nap

Say something kind to myself

Get some sunshine



Drink plenty of water

Read a book

Talk to someone

Learn something new

Take some deep breaths

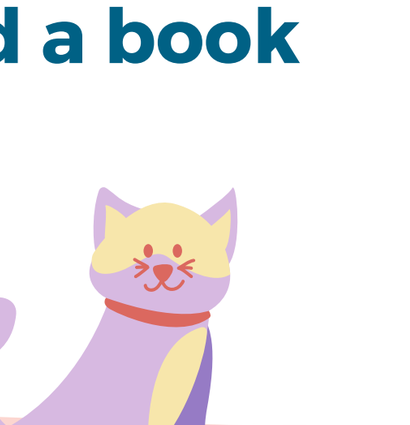
Do yoga or stretch

Practice finger breathing

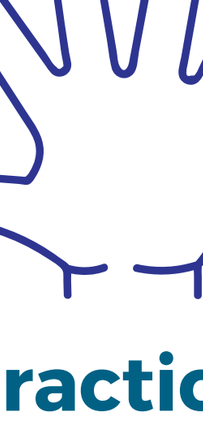
Journal

Eat healthy food

Practice buzzy bee breaths



Think of 3 things you're grateful for



Body scan relaxation

Get out in nature

Draw a picture or do some colouring

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WANT TO LEARN MORE?

Calm Time

Free weekly videos to support home learning

Parent Support

Mindfulness workshops, courses and programs

Kids Yoga

Online & face to face classes and workshops

Teacher/ Educator Training

Face to face courses & online workshops

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