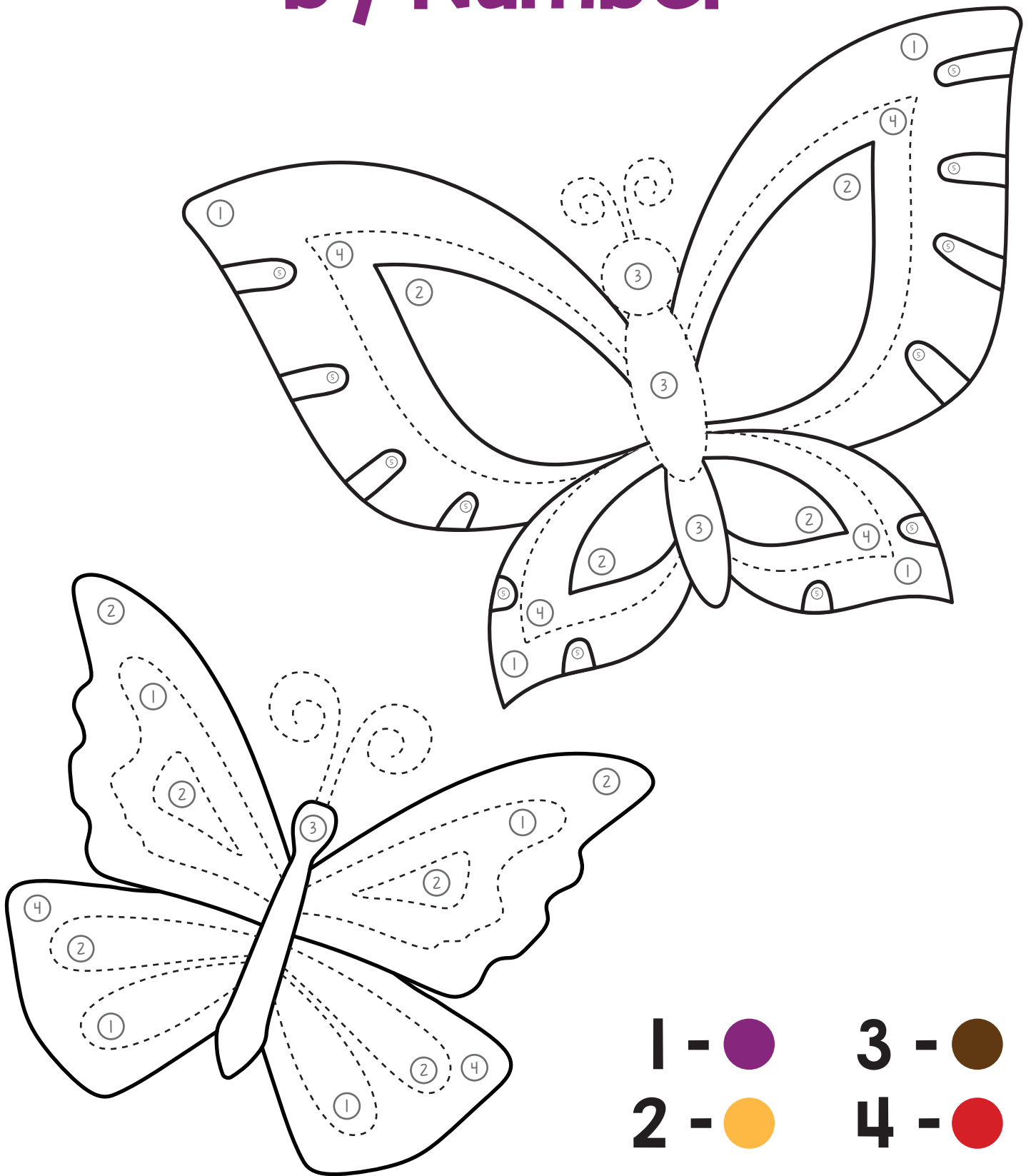


# Mindfulness Activities for Kids



# Trace and Color by Number



# Trace and Breathe

Trace along the rainbow with your finger  
as you breathe in and out



## 5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

# Mindfulness Bingo

find  
something  
smooth

find a  
flower that  
smells good

find  
something  
hard

notice the  
color of the  
sky

find  
something  
that is your  
favorite  
color

make  
someone  
laugh

listen to a  
song you  
love

help a  
family  
member

give  
someone a  
compliment

find  
something  
soft

feel the  
grass under  
your feet

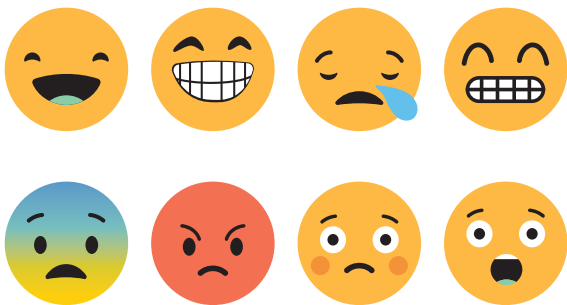
find  
something  
bumpy

# Daily Reflection

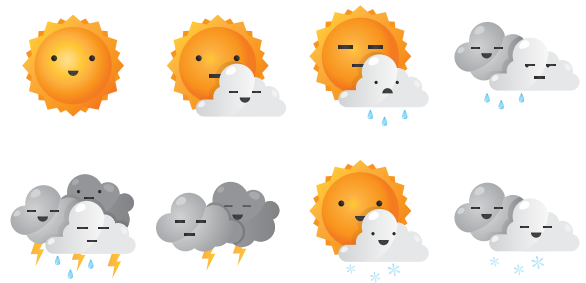
## About My Day

Today's Date: \_\_\_\_\_

### My Mood



### Today's Weather



Something I learned today:

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3 things that made me happy today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 things that I am grateful for today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Yoga Poses

