

# Mindful Moments

Print this worksheet, cut out the mindful moment activities and pick out a few to do when things get overwhelming.



rainbow breaths



10 dots on each hand

imagine your favorite place



superhero pose

smell the flower



5 arm squeezes

30 second hug



squeeze the lemon

figure 8 breathing



# Mindful Moments

Mindfulness can help kids manage their stress and increase relaxation.

Try some of these techniques to improve mindfulness moments.

## Rainbow breaths

Inhale and slowly bring arms above your head, exhale and bring your arms down like a rainbow. Repeat until you feel calm.

## 10 dots on each hand

Turn your hand palm side up. With the thumb of your other hand, press down and make a dot on your palm. Repeat until you reach 10!

## Imagine your favorite place

Close your eyes and think of your favorite place. Explain out loud what it smells like, what you hear, what you see and what it feels like.

## Superhero pose

Stand up tall, shoulders back, feet shoulder width apart and your hands on your hip You can even put a fist to the sky! Hold until you feel calm.

## Smell the flower

Pretend to hold a flower in your hand and take a deep breath like your smelling it. Then, blow out your mouth like you're blowing away the petals

## 5 arm squeezes

Take your hand and give your opposite arm 5 gentle squeezes. Repeat on the other side.

## Give yourself a 30 second hug

Wrap your arms around yourself and squeeze for 30 seconds. Then release and relax.

## Squeeze the lemon

Imagine you are holding a lemon in both hands. Squeeze those lemons by squeezing your hands into fists for 10 seconds. Then release and relax.

## Figure 8 breathing

Use your finger to trace a figure 8 on paper or in the air. Breathe in during the first part of the figure 8- exhale as you trace the second part.