

Mindful Moments

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



10 deep breaths



5,4,3,2,1 grounding

pretzel breathing

imagine your favorite place

3 things that make me smile



10 jumping jacks + 5 breaths

squeeze the lemon

30 second hug

figure 8 breathing



Mindful Moments

Mindfulness can help kids manage their stress and increase relaxation.

Try some of these techniques to improve mindfulness moments.

Take 10 deep breaths

Start with 1 long deep breath in and hold for 3 seconds. Release for 5 seconds. Repeat 10 times.

5,4,3,2,1 Grounding

Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Pretzel Breathing

Sit with your legs in a pretzel. Inhale and bring your hands into your chest. Exhale and push your hands away. Repeat for 1 minute.

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.

Name 3 things that make you smile

Think of anything that brings a smile to your face. Share your 3 things out loud if you can.

Do 10 jumping jacks, take 5 deep breaths

Get your blood pumping to focus the mind. Find the space to do 10 jumping jacks in a row, then take 5 deep breaths.

Squeeze the lemon

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

Give yourself a 30 second hug

Wrap your arms around yourself and squeeze for 30 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.