

MINDFUL MOMENTS

Mindfulness means paying attention to your breathing, feelings, senses, or actions. Try a mindful moment card when you need to pause and recharge your body or brain.



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HOW TO USE MINDFUL MOMENTS

TODDLERS:

Young children are naturally mindful! They often notice everything, love exploring, and take their time. When practicing a mindful moment card together, read the card aloud and then let them lead. You can prompt them with questions such as “What can you tell me about how that feels, looks, etc.?”

ELEMENTARY-AGED KIDS:

Older kids may need extra encouragement to pause and be mindful. Try practicing a mindful moment together! Start with simple breathing exercises, then move on to the senses-focused cards.

Tip: The cards are also a great addition to a nightly bedtime routine or can be used as a transition between activities.



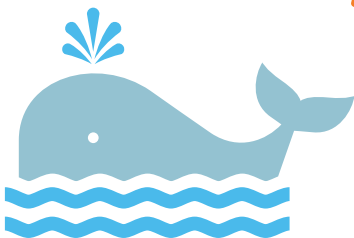
BELLY BREATH

Get into a comfortable position and close your eyes. Inhale through your nose. Feel your belly fill up. Exhale through your mouth. Repeat 5 times.



SOUNDS GOOD

Close your eyes and listen. Do you hear many things? Or maybe you just hear your breath. Focus on one sound and sway with the rhythm.



WHALE BREATH

Sit up tall and take a deep breath in, hold your breath while you count to 5. Tilt your head up, pretend you're peeking out of the water and blow all of the air out.



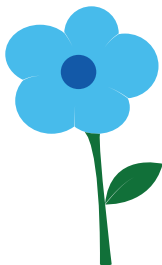
VOLCANO BREATH

Start with your hands in front of your heart with palms touching. Keep your hands together and reach over your head as you breathe in. At the top, separate your hands and move your hands down to your sides while breathing out, just like flowing lava!



SAY CHEESE

Close your eyes, relax your face, put your chin down. Slowly start to smile. Start with a tiny smile and work up to the biggest smile possible. As you do, lift your head and open your eyes. End facing the sky with your eyes wide and your smile big!



WHAT SMELLS

Take a deep breath through your nose. Pretend you are smelling a flower. With each breath, think of a new scent.



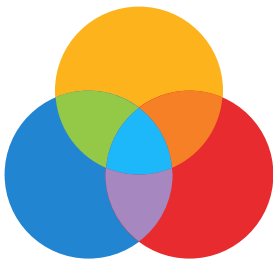
BODY SCAN

Close your eyes and squeeze the muscles in your feet. Hold them tight, then release and relax. Do the same in your legs and continue up your body.



SENSORY TOUCH

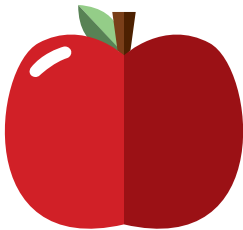
Touch an object. Is it warm? Is it soft? Move your fingers around and focus on how the object feels.



PICK A COLOR



Choose your favorite color. Look around the room and find ten objects that are your color. Pick a new color and repeat!



SNACK SENSE

Grab a snack food.
Hold it in your hands.
How does it feel? What
does it look like? How
does it smell? Does it
make any sounds?



MINDFUL WALK

Go for a walk outside or around your home! Take notice of your surroundings. What do you see? How does the air feel on your face?



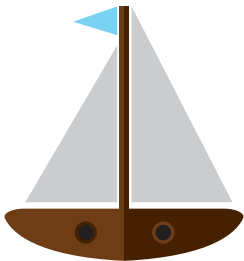
HEART & MIND

Do seated twists
or run around your
room. Stop to notice
your heartbeat. Place
your hand on your
chest and feel your
heart beating!



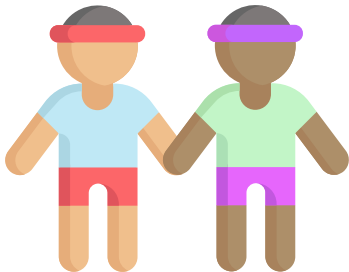
CLOUD WATCH

Look out a window
or go outside.
Search the clouds
for different shapes.



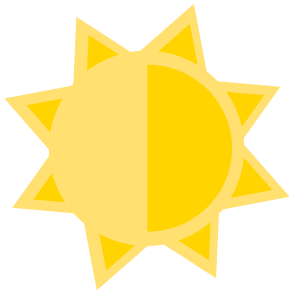
ON A BOAT

Close your eyes and pretend you are on a boat. What do you see, hear, smell, feel, and taste? Relax as you think about the setting.



BUDDY BREATH

Find a buddy and lie on the floor. Have your buddy place their head or hand on your belly. Take slow, deep breaths and pay attention to your buddy moving up and down. Switch roles or try this with your own hands!



WEATHER REPORT



Check in with your feelings. Are you happy? Bored? Now compare your feelings to a weather report! Do you feel cloudy or sunny? Are you warm or cold? Check back in every morning for a new weather report!



SHAKE SHAKE

Pretend you are a snow globe or a maraca. Jump, dance, and roll around! Feel yourself shake up and settle back into position.



RAINBOW BREATH

Stand or sit tall with your arms straight at your sides. As you breathe in, move your arms up above your head. As you breathe out, move your arms back down to your sides to make a rainbow.