

DAY 78: MINDFULNESS FOR KIDS

Be Calm • Be Happy

Name: _____ Date: _____

Mindfulness means noticing what is happening right now with kindness and curiosity. You do not have to feel happy all the time. Try these gentle activities, and ask a trusted adult for help if a feeling seems too big.

1. Balloon Breathing

Imagine your tummy is a balloon. Breathe in gently through your nose, then breathe out slowly. Repeat three times without forcing your breath.

Before breathing, I feel: ☐ calm ☐ excited ☐ worried ☐ tired ☐ another feeling: _____

After breathing, I feel: _____

2. Five-Senses Detective

Look around and notice things without rushing.

I can see: _____ I can hear: _____

I can feel: _____ I can smell (if noticeable): _____

One thing I appreciate right now: _____

3. Name the Feeling

Circle or write a feeling: happy • sad • angry • nervous • calm • proud • confused • excited

Where do I notice this feeling in my body? _____

What might help me right now? _____

4. Kindness Moment

One kind thing I can do for myself or someone else today: _____

5. My Calm Plan

When I need a pause, I can: ☐ take gentle breaths ☐ stretch ☐ get a drink of water ☐ talk to a trusted adult ☐ sit somewhere quiet

Draw a symbol, place, or activity that helps you feel safe and peaceful.

Adult guidance: Keep the activities optional and brief. Some children find focusing on breathing uncomfortable; they can instead notice colours in the room, hold a soft object, or talk with a trusted adult.