Mindfulness Activities for Kids
Trace and Color by Number

1 - □  3 - □
2 - □  4 - □

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

Breathe In
Breathe Out
Breathe In
Breathe 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

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<table>
<thead>
<tr>
<th>Find something smooth</th>
<th>Find a flower that smells good</th>
<th>Find something hard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notice the color of the sky</td>
<td>Find something that is your favorite color</td>
<td>Make someone laugh</td>
</tr>
<tr>
<td>Listen to a song you love</td>
<td>Help a family member</td>
<td>Give someone a compliment</td>
</tr>
<tr>
<td>Find something soft</td>
<td>Feel the grass under your feet</td>
<td>Find something bumpy</td>
</tr>
</tbody>
</table>
Daily Reflection

About My Day

Today’s Date: ____________________

My Mood

Today’s Weather

Something I learned today:

_____________________________________________________

_____________________________________________________

_____________________________________________________

Today’s Weather

3 things that made me happy today

1. ___________________________
2. ___________________________
3. ___________________________

3 things that I am grateful for today

1. ___________________________
2. ___________________________
3. ___________________________
Yoga Poses

Cobra

Cow

Dog

Boat