MINDFULNESS for Kids

Simple ways to be present and take care of your mind.

TAKE A PAUSE
Stop what you're doing.
Take a deep breath.

NOTICE 5 THINGS
Look around and name
5 things you see.

LISTEN CLOSELY
What are 3 things
you can hear?

FEEL YOUR BODY
Notice how your body
feels right now.

BE KIND TO YOUR MIND
It's okay if your mind wanders.
Gently bring it back.

BREATHE WITH BUBBLE

When you feel worried, upset,
or just need a calm moment,
breathe with Bubble!



1 SMELL
Breathe in slowly
through your nose
like you're smelling
a flower.

2 BLOW
Breathe out slowly
through your mouth
like you're blowing
bubbles.

3 REPEAT
Do this 3–5 times.
Take your time.
You've got this!

You can do this anywhere, anytime!
Pause. Breathe. Feel better.