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

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Mindful Moments

Mindfulness can help kids manage their stress and increase relaxation. Try some of these techniques to improve mindfulness moments.

Rainbow breaths
Inhale and slowly bring arms above your head, exhale and bring your arms down like a rainbow. Repeat until you feel calm.

10 dots on each hand
Turn your hand palm side up. With the thumb of your other hand, press down and make a dot on your palm. Repeat until you reach 10!

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.

Superhero pose
Stand up tall, shoulders back, feet shoulder width apart and your hands on your hip. You can even put a fist to the sky! Hold until you feel calm.

Smell the flower
Pretend to hold a flower in your hand and take a deep breath like you’re smelling it. Then, blow out your mouth like you’re blowing away the petals.

5 arm squeezes
Take your hand and give your opposite arm 5 gentle squeezes. Repeat on the other side.

Give yourself a 30 second hug
Wrap your arms around yourself and squeeze for 30 seconds. Then release and relax.

Squeeze the lemon
Imagine you are holding a lemon in both hands. Squeeze those lemons by squeezing your hands into fists for 10 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- exahle as you trace the second part.