

Animal Themed

MINDFULNESS

ACTIVITIES FOR
KIDS OF ALL
AGES



Mindfulness Activities for Kids

BE A LION

STAND UP STRAIGHT,
FEEL STRONG, AND
FOLLOW THE BREATHS



Mindfulness Activities for Kids

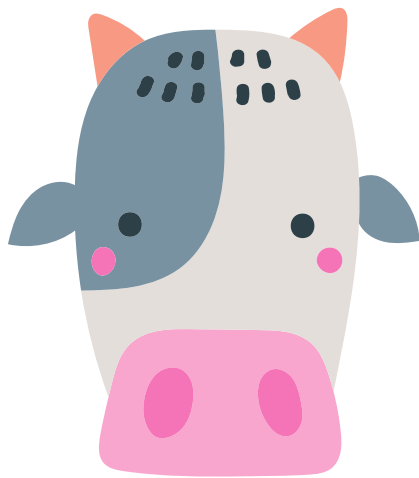
BE A CAT AND COW

GET ON ALL FOURS AND
IMAGINE YOU ARE
THESE ANIMALS

Curve your back like a
cat and breathe in



Then pull your back
towards your belly button
and breathe out

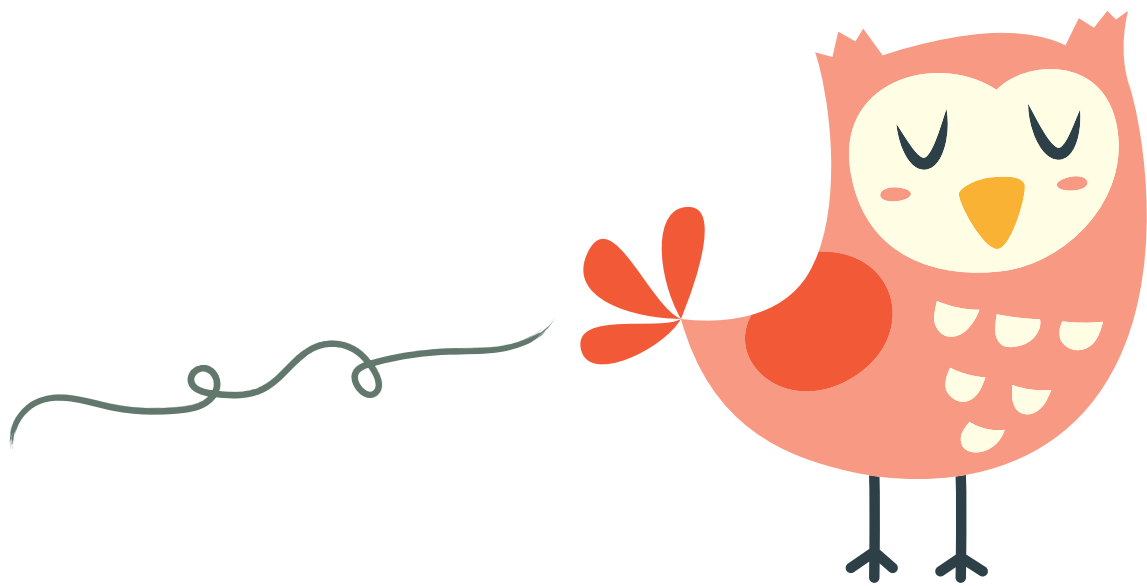


Repeat 5 Times

Mindfulness Activities for Kids

BE AN OWL

A WISE OWL THINKS OF
EVERYTHING GOING ON
AROUND THEM.



WHAT DO YOU.....



Mindfulness Activities for Kids

BE A MOUSE

A QUIET MOUSE SOFTLY
SITS DOWN AND THINKS
ABOUT HOW THEY FEEL

I AM FEELING...



HAPPY



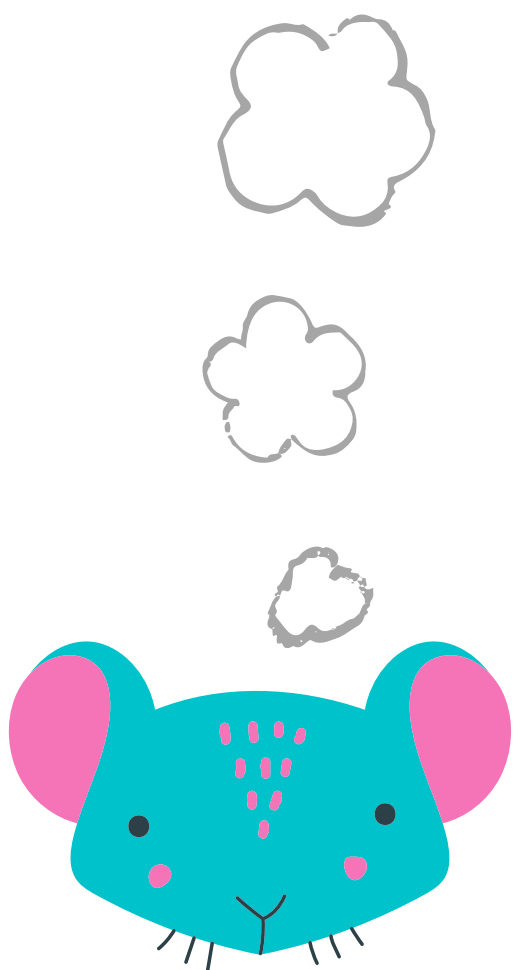
MAD



UPSET



OTHER



Mindfulness Activities for Kids

BE A FROG

SIT QUIETLY AND
CALMLY, LIKE A FROG
ON A LILY PAD



IMAGINE YOU ARE SITTING
ON A LILY PAD. TRY TO SIT
STILL AND QUIET FOR AS
LONG AS YOU FEEL
COMFORTABLE

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Mindfulness Activities for Kids

BE A LAMB

A SWEET LAMB IS
GRATEFUL OF
OTHERS.

- When did someone do something nice for you?
- When did someone surprise you with something?
- When did someone make you feel extra special?



Mindfulness Activities for Kids

BE A BEAR

EXPLORE YOUR
SURROUNDINGS WITH
THIS SCAVENGER HUNT



FIND SOMETHING THAT IS YOUR FAVORITE
COLOR



FIND AN OBJECT THAT MAKES YOU
SMILE



POINT TO YOUR FAVORITE FOOD



SOMETHING THAT MAKES YOU FEEL
WARM



SOMETHING THAT MAKES YOU UPSET

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Mindfulness Activities for Kids

BE A BUNNY

APPRECIATE YOURSELF.
YOU ARE SMART, FAST,
AND LOVELY. RECITE
THESE PHRASES DAILY



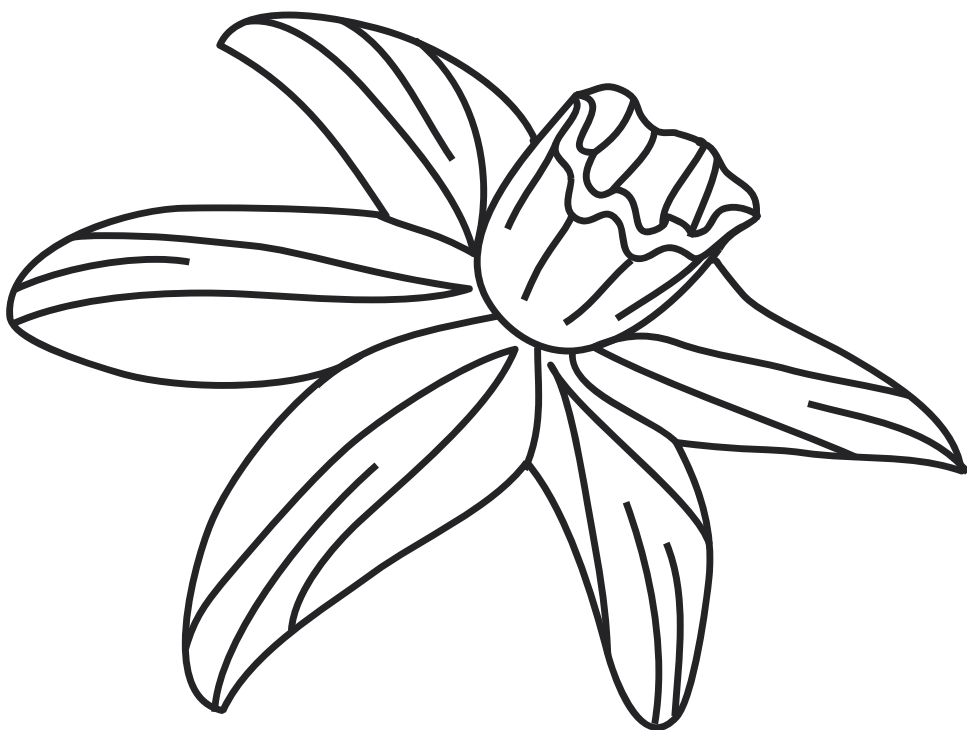
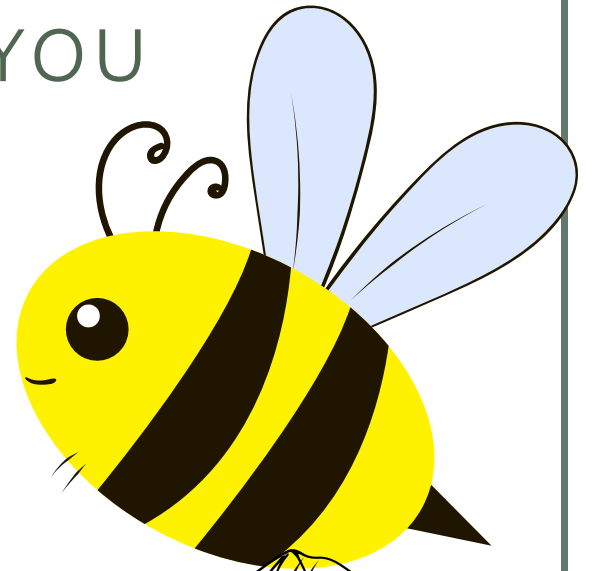
1. I believe in myself
2. I bring happiness to the world
3. I am an important and valuable person
4. I am unique and beautiful
5. I will work hard to be the best I can be
6. I was born strong, and I grow stronger everyday
7. When challenges come my way, I have the power to work through them
8. I deserve to see myself happy
9. If some people don't accept me, I am fine with it
10. I am kind
11. I am brave because I am capable
12. I will always help others
13. When I fail, I know I can work harder to do better next time
14. I forgive myself when I do something wrong
15. I am loved
16. Through hardwork, I can achieve anything
17. I love the person I am becoming
18. I am creative
19. I am a responsible person that people can rely on
20. I chose to have an amazing day



Mindfulness Activities for Kids

BE A BEE

BUZZING AROUND THE
FLOWER, SEEING
WHATEVER COLORS YOU
FEEL ARE BEST



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Mindfulness Activities for Kids

BE A FISH

FILL UP A SINK WITH
COOL WATER.



RUN YOUR
HANDS
THROUGH THE
WATER SLOWLY.
CONCENTRATE
ON HOW THE
WATER FEELS ON
YOUR HANDS