

30 Mindful Moments
for Kids to Feel
Calm and Focused
Anytime, Anywhere

Breathe like a Bear



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Be Calm

The title 'Be Calm' is written in a light green, bubbly cursive font with a white outline. The word 'Be' is positioned above 'Calm'. The text is surrounded by several white starburst shapes of varying sizes, scattered across the blue background.

Candle Breath * 5

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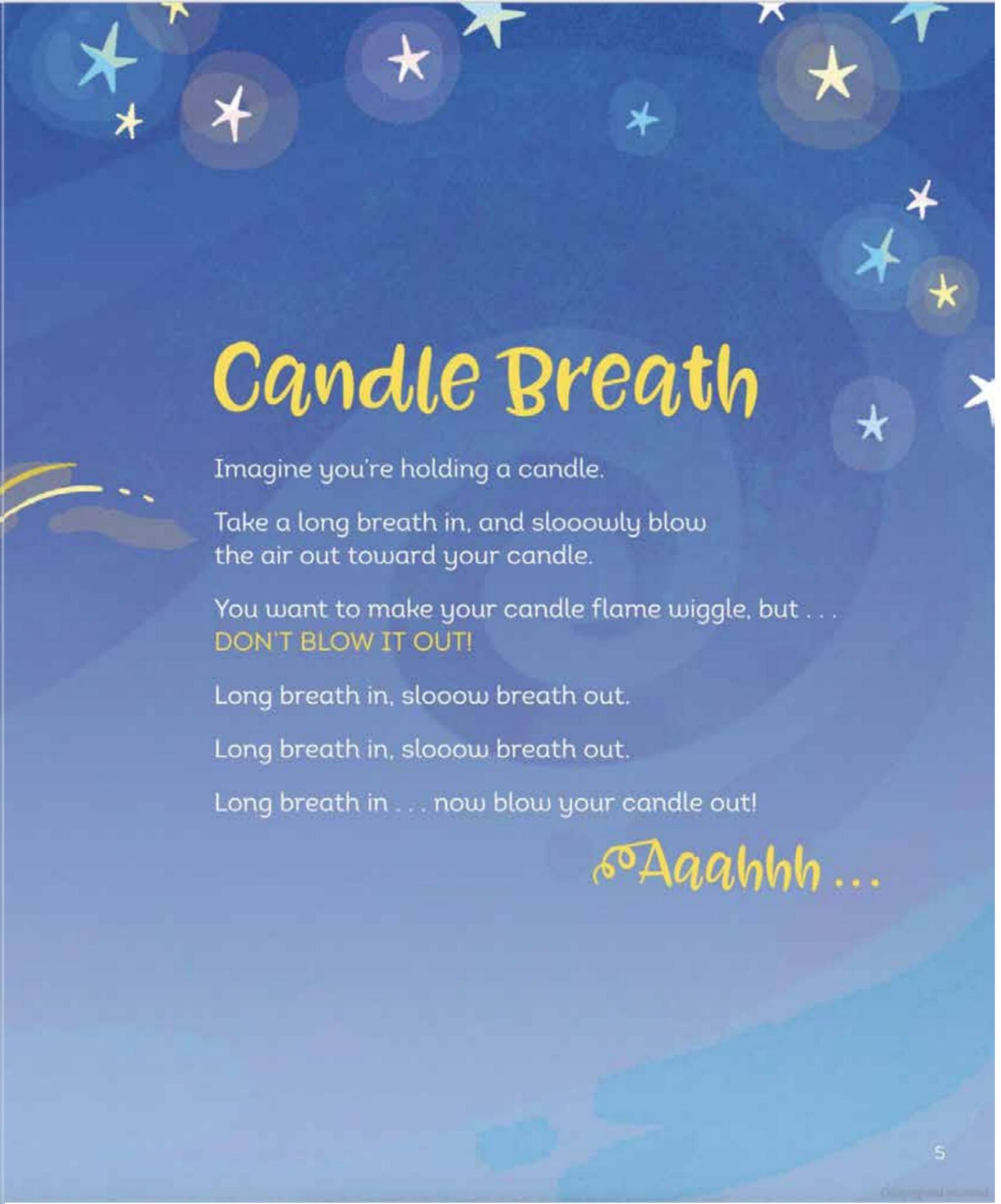
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Do you ever feel a little, well, hyper? Like you have ants in your pants? It can be really hard to calm down sometimes. These exercises are easy and fun, and they'll help you settle your mind and your body so that you feel calm and peaceful. You can do these as many times as you like, and you might even want to try your favorite one with your eyes closed. Before you start, sit up tall and hold your body still.



Candle Breath

Imagine you're holding a candle.

Take a long breath in, and slooowly blow the air out toward your candle.

You want to make your candle flame wiggle, but . . .
DON'T BLOW IT OUT!

Long breath in, slooow breath out.

Long breath in, slooow breath out.

Long breath in . . . now blow your candle out!

Aaahhh . . .

Hot Chocolate

Imagine you're holding a cup of hot chocolate in your hands.

It's much too hot to take a sip, so you need to blow on it to cool it off.



Bring your cup up close to you, take a long breath in, and slowly blow the air out, to cool off your hot chocolate.

Take another long breath in, and slowly blow the air out.

Now take a tiny little sip of your hot chocolate, and say "Mmmmm . . . !"

Make the "mmm" sound last as long as you can.

Try it again! Take a tiny little sip and say, "Mmmmmm . . ."

Put your hot chocolate down, take a long breath in, and let the air all the way out.

yum!

50 Flower Breath



Imagine a flower in front of you.

It's the most beautiful flower you've ever seen.

Can you see all the colors of the flower in your mind?

Imagine how it smells.

Take a long sniff in through your nose, and let all the air out through your mouth.

Take another long sniff in through your nose, and let all the air out through your mouth.

Take another long breath in, and let it all the way out!





Count to Five

Have you ever heard someone say, "Let's take five?"

It means to take a quick break from what you're doing, and it's a great way to *CALM DOWN*.

As you breathe in, think **ONE ... TWO ... THREE ... FOUR ... FIVE.**

Now breathe out, and think **ONE ... TWO ... THREE ... FOUR ... FIVE.**

Try it again! Breathe in, and think **ONE ... TWO ... THREE ... FOUR ... FIVE.**

Breathe out, and think **ONE ... TWO ... THREE ... FOUR ... FIVE.**

Whenever you're mad or upset, try to remember to "take five."

It can help you feel calm and peaceful.



Bear Breath

Pretend you're a bear, hibernating for the winter.

When bears hibernate, they breathe **slowly**, in and out through their noses.

Take a long breath in through your nose, and let it all the way out.

Take another long breath in through your nose, and let it all the way out.

Feel how cozy and safe you are in your bear cave.

Take one more really long, slow breath in through your nose, and let it all the way out.





Your Favorite Color

What is your favorite color?

Is it **blue**, **purple**, **orange**, or **red**? Or another color?

Imagine a little ball of your favorite color inside your body.

Maybe it's where your heart is, or maybe it's in your belly.

Take a big breath in and imagine a ball getting bigger and bigger it takes over your whole body, imagine that everything all around you is your favorite color, and it feels really warm and good take a long, slow breath in and exhale all the way out.