

MINDFULNESS ACTIVITY WORKSHEETS For kids

Independent self-
regulation



INTRO TO MINDFULNESS + SIMPLE ACTIVITIES

A Calm, Ready-to-Use Introduction to
Mindfulness for Kids

Looking to bring more calm, focus, and
emotional awareness into your
classroom, but not sure where to start?



[ResourcefulLearners.com](https://www.ResourcefulLearners.com)

WHAT'S INCLUDED

- A brief and approachable introduction to mindfulness, written in student-friendly language
- 10 calming, low-prep mindfulness activity pages with guided visualisations and movement-based prompts
- A built-in reflection box on every page with journaling questions like: "What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?"

MINDFULNESS ACTIVITY



Make a heart shape with your hands and hold it over your chest. Close your eyes and think of someone or something you're really thankful for. Take three deep breaths and silently say: "Thank you for [name or thing]."

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

MINDFULNESS ACTIVITY

Sit still with your eyes closed. The teacher rings a chime or a bell.

Focus only on the sound. Raise your hand when the sound completely disappears. Then sit in silence for 30 more seconds, listening to any sounds around you.



What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

MINDFULNESS ACTIVITY



Give students a piece of paper and crayons.

Set a timer for 3 minutes.

Silently draw whatever your hand feels like drawing—lines, swirls, shapes, anything!

Focus only on the colours and the movement of your hand.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

SAMPLE ACTIVITY:

"Close your eyes and imagine a glitter jar. When you shake it, the glitter swirls around like your thoughts when you're upset. Now picture the glitter slowly settling to the bottom. Breathe slowly, and let your thoughts settle too."

MINDFULNESS ACTIVITY



Close your eyes and imagine a glitter jar. When you shake it, the glitter swirls around like your thoughts when you're upset. Now picture the glitter slowly settling to the bottom. Breathe slowly, and let your thoughts settle too.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

MINDFULNESS CALM COLORING IN For kids

Independent self-
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MINDFUL COLOURING ACTIVITIES TO SOOTHE AND FOCUS YOUNG MINDS

Bring calm, focus, and creativity into your classroom with this set of simple and soothing colouring pages, thoughtfully designed to support mindfulness and emotional regulation in young learners.



[Resourcefulearners.com](https://www.Resourcefulearners.com)

WHAT'S INCLUDED

- With 12 easy-to-colour images and 2 blank drawing canvases, this resource encourages students to slow down, choose their own colours, and engage in a quiet, reflective activity.
- 12 colouring pages with gentle, uncluttered designs
- 2 blank pages for open-ended drawing and creative expression
- A calming prompt on each page to guide mindfulness and colour awareness

CALM COLORING

Instructions :

Color the picture below with your own favorite colors.

How many different colors can you use to make the dinosaur vibrant?



CALM COLORING

Instructions :

Color the picture below with your own favorite colors.

How many different colors can you use to make the puppies vibrant?

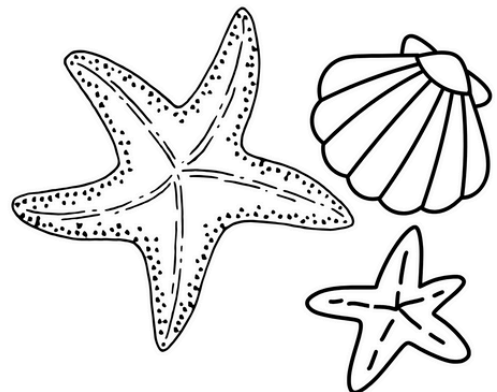


CALM COLORING

Instructions :

Color the picture below with your own favorite colors.

How many different colors can you use to make the seashells vibrant?



SAMPLE ACTIVITY:

Colour the picture below with your own favourite colours. How many different colours can you use to make the Ladybird vibrant?"

CALM COLORING

Instructions :

Color the picture below with your own favorite colors.

How many different colors can you use to make the ladybird vibrant?



MINDFULNESS ACTIVITY FOR KIDS

Encourage Calm & Creativity

CALM COLORING



Part of the

CALM COLORING



MINDFULNESS AND CALM TRACING

For kids

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CALM TRACING PAGES

Mindful Tracing Activities to Support
Focus, Calm, and Fine Motor Skills

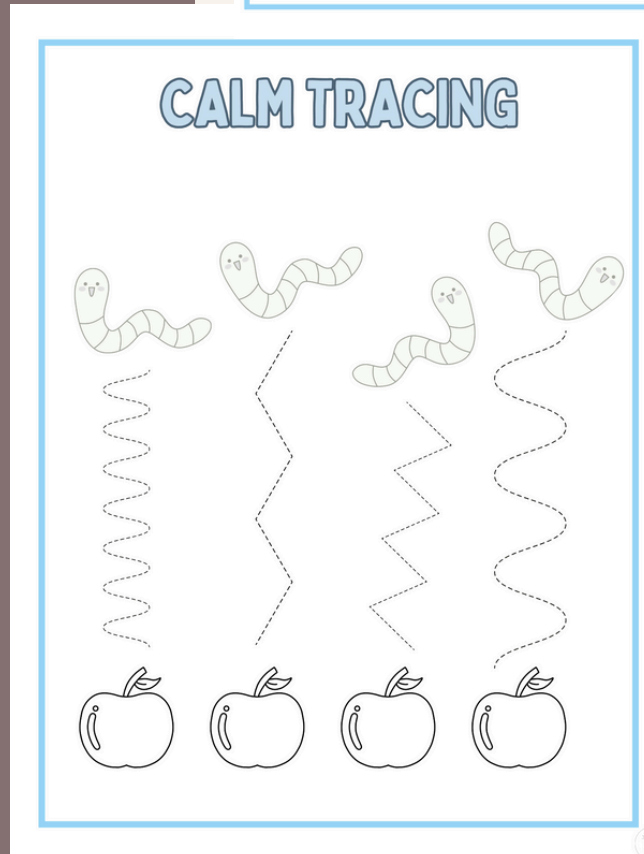
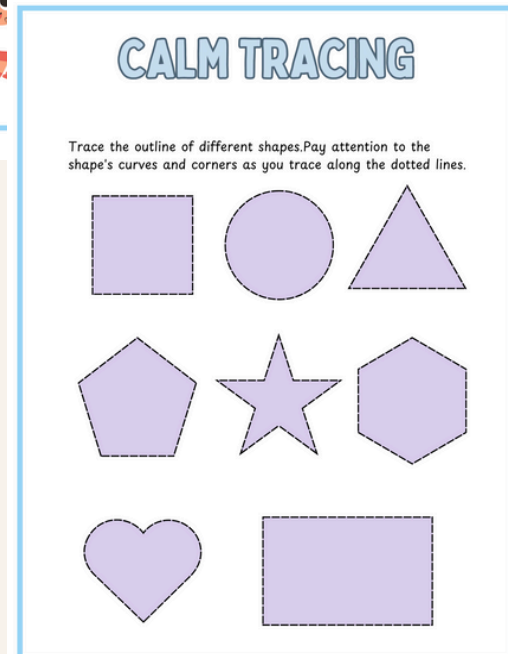
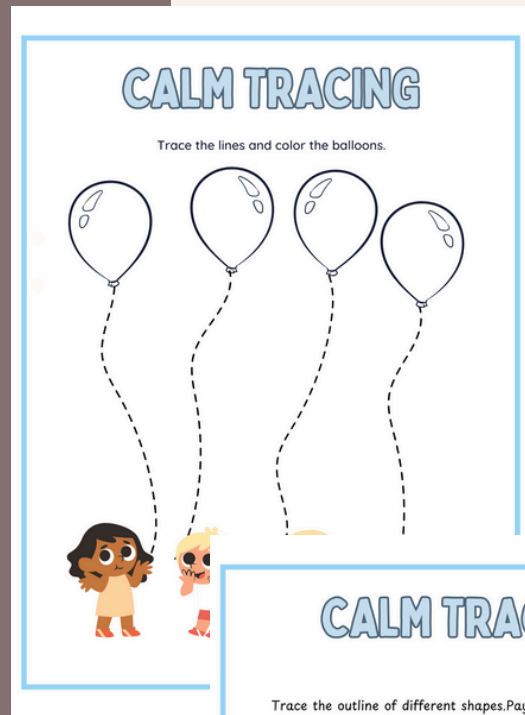
Looking for an easy, low-prep way to
help your students settle their minds
while strengthening their fine motor
control?



[ResourcefulLearners.com](https://www.ResourcefulLearners.com)

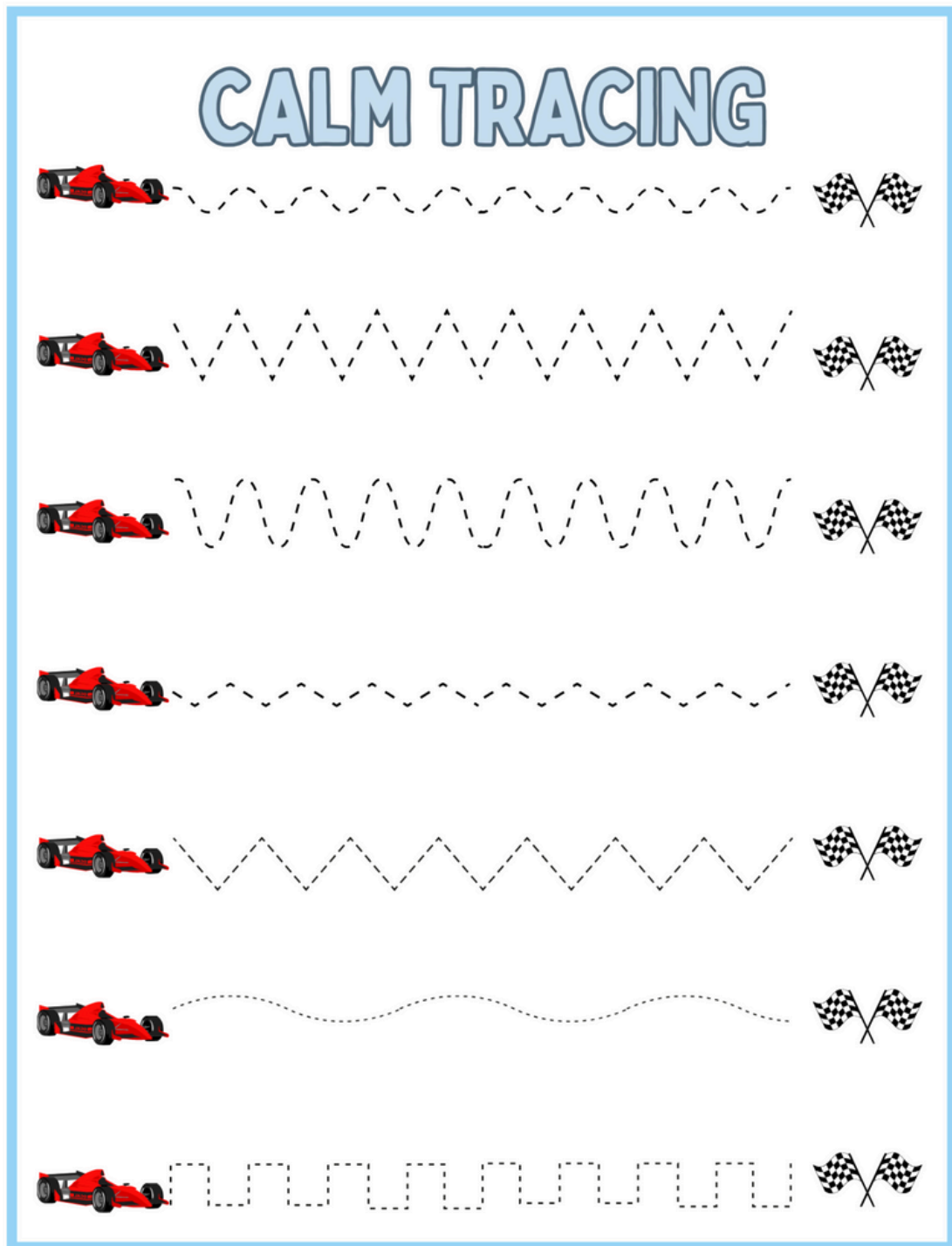
WHAT'S INCLUDED

- A variety of tracing activities that are both fun and soothing
- Tracing around shapes
- Following simple lines and paths
- Themed mazes such as guiding cars to the finish line or helping dogs reach their biscuits
- Designs that are simple and clear, making them ideal for mindfulness and relaxation
- Set of 11 calming tracing pages



SAMPLE ACTIVITY:

Can you get the car safely to the finish line without going over the track



MINDFULNESS DAILY REFLECTION *For kids*

Independent self-
regulation



MINDFULNESS DAILY REFLECTION

Build Emotional Awareness and
Everyday Calm Through Simple Daily
Reflections.

Support your students in developing
emotional awareness, self-reflection,
and mindfulness with this easy-to-use
17-page printable resource.



[Resourcefulearners.com](https://www.Resourcefulearners.com)

WHAT'S INCLUDED

- Daily Task Tracker to encourage mindful habits and goal setting
- Daily Reflection Pages for checking in with emotions, thoughts, and experiences
- Feelings Worksheets with creative prompts such as: "Write down five things that make you feel joyful."
- "Describe your happy place. What do you see, hear, feel, and smell in your happy place?"
- Open-ended spaces for students to write or draw their responses

MINDFULNESS

DAILY MINDFUL TASKS

	M	T	W	T	F	S	S

WEEKLY TASKS

	M	T	W	T	F	S	S

NOTES

DAILY REFLECTION

Date: _____

Things you are thankful for today:

--	--	--

The most challenging part of your day was:

--

Color in your current mood:



happy



confused



sad



mad



tired



worried

FEELING JOY

Write down five things that make you feel joyful.

--

Describe your happy place. What do you see, hear, feel, and smell in your happy place?

--



SAMPLE ACTIVITY:

Write down five things that make you feel angry

Write down five healthy coping skills.

COPING WITH ANGER

Write down five things that make you feel angry.



Write down five healthy coping skills.



MINDFULNESS BREATHING TECHNIQUES

For kids

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MINDFULNESS BREATHING TECHNIQUES

A Calm, Visual Guide to Help Students Practise Deep Breathing and Self-Regulation. Bring calm and focus into your classroom with this 14-page printable resource featuring child-friendly breathing techniques that are easy to teach and enjoyable to practise.



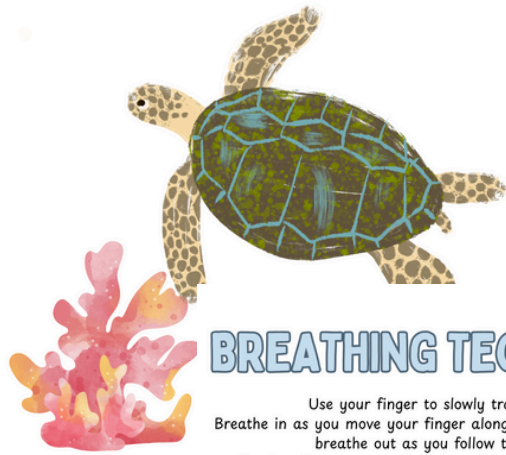
[Resourcefulearners.com](https://www.Resourcefulearners.com)

WHAT'S INCLUDED

- Rainbow Breathing Chart: Students trace the arc with their finger, breathing in and out with each colour
- Shape Tracing Activities: Follow stars, hearts, spirals, and other shapes with your finger as you breathe mindfully
- Guided Techniques such as:
 - "Smell the flowers" (breathe in)
 - "Blow out the candles" (breathe out)
 - "Hot soup breathing" and other kid-friendly visuals to anchor breath
- Calm, uncluttered visuals to help young learners focus without overwhelm

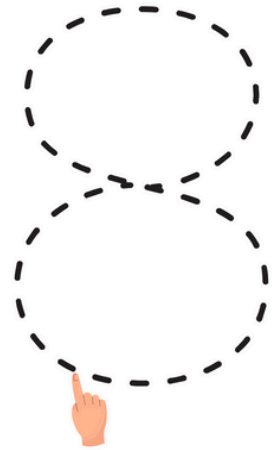
BREATHING TECHNIQUES

Breathe in slowly for a count of 4... hold for 2... then breathe out for 4 as if you're gently floating through the ocean.



BREATHING TECHNIQUES

Use your finger to slowly trace the shape. Breathe in as you move your finger along one part of the shape, and breathe out as you follow the next part. Go slow, focus on your breath, and repeat each shape 3 times. Notice how your body feels after each one.



BREATHING TECHNIQUES

Take a deep breath in, then slowly hiss it out like a snake: "Ssssss..." Keep it going as long as you can!



SAMPLE ACTIVITY:

Use your finger to slowly trace the shape. Breathe in as you move your finger along one part of the shape, and breathe out as you follow the next part

BREATHING TECHNIQUES

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Breathe in as you move your finger along one part of the shape, and
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