

MINDFUL MOMENTS

Mindfulness is a great way to help kids expand self-awareness and self-management skills! Use these cards to practice being mindful.

Visit fit.sanfordhealth.org for more free resources!





BELLY BREATH

Get into a comfortable position and close your eyes. Inhale through your nose. Feel your belly fill up. Exhale through your mouth. Repeat 5 times.



SOUNDS GOOD

Close your eyes and listen. Do you hear many things? Or maybe you just hear your breath. Focus on one sound and sway with the rhythm.



DOODLE DELIGHT

Think of all the things that make you happy. Write or draw them in a journal. Don't have pen and paper? Use your finger to draw them on any surface!



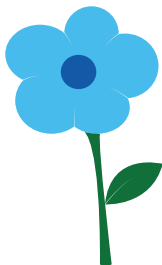
TASTE TEST

The next time you have a meal or snack, close your eyes when you take a bite. Chew slowly as you think about the texture and the taste of the food.



SAY CHEESE

Close your eyes, relax your face, put your chin down. Slowly start to smile. Start with a tiny smile and work up to the biggest smile possible. As you do, lift your head and open your eyes. End facing the sky with your eyes wide and your smile big!



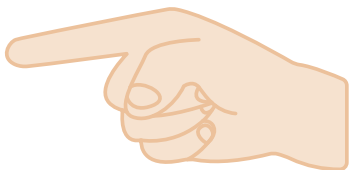
WHAT SMELLS

Take a deep breath through your nose. Pretend you are smelling a flower. With each breath, think of a new scent. They can be good or bad!



BODY SCAN

Close your eyes and squeeze the muscles in your feet. Hold them tight, then release and relax. Do the same in your legs and continue up your body.



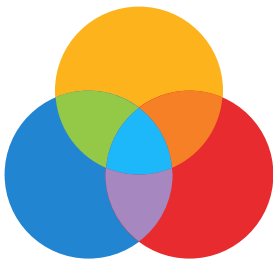
TIPPY TOUCH

Using the tips of your fingers, touch an object. Is it warm? Is it soft? Move your fingers around and focus on how the object feels.



EYE SPY

Look around the room and focus on an object. What color is it? What shape is it? What do you notice about it now that you didn't notice before?



PICK A COLOR

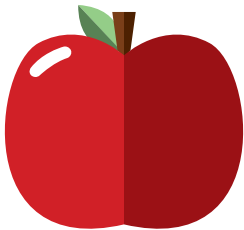


Choose your favorite color. Look around the room and find ten objects that are your color. Pick a new color and repeat!



THINK HAPPY

When were you happy today? Where were you? Who were you with? What were you doing? When were you happy yesterday?



SNACK SENSE

Before you eat your next snack, hold it in your hands. How does it feel? What does it look like? How does it smell? Does it make any sounds? Think about the taste as you take your first bite!



NATURE WALK

Go for a walk!
Take notice of your surroundings. What do you see? How does the air feel on your face?
Can't go outside? Walk around your home!



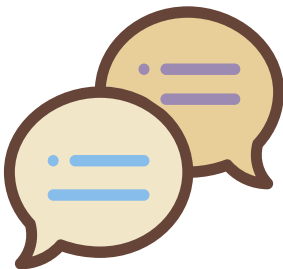
HEART & MIND

Do jumping jacks or run around your room. Stop to notice your heartbeat. Place your hand on your chest and feel your blood pumping!



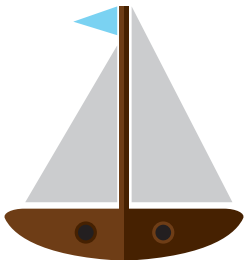
CLOUD WATCH

Go outside and find a spot to lie down. Look at the sky and search the clouds for different shapes.



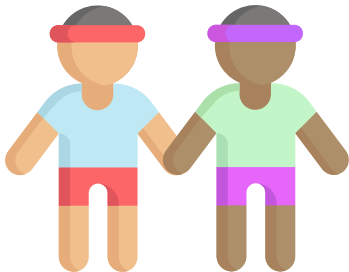
SELF-TALK

Think of something you like about yourself. Now give yourself a compliment! Repeat two more times.



ON A BOAT

Close your eyes and pretend you are on a boat. What do you see, hear, smell, feel, and taste? Relax as you think about the setting.



BUDDY BREATH

Find a buddy and lie on the floor. Have your buddy place their head or hand on your belly. Take slow, deep breaths and pay attention to your buddy moving up and down. Switch roles or try this with your own hands!



WEATHER REPORT



Check in with your feelings. Are you happy? Bored? Now compare your feelings to a weather report! Do you feel cloudy or sunny? Are you warm or cold? Check back in every morning for a new weather report!



SHAKE SHAKE

Pretend you are a snow globe or a maraca. Jump, dance, and roll around! Feel yourself shake up and settle back into position.