



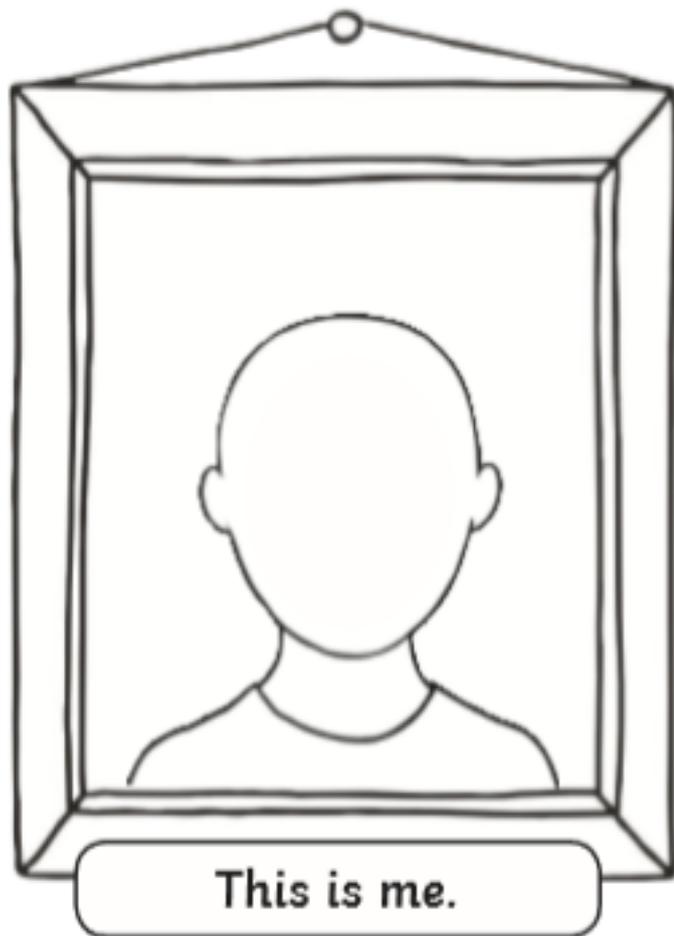
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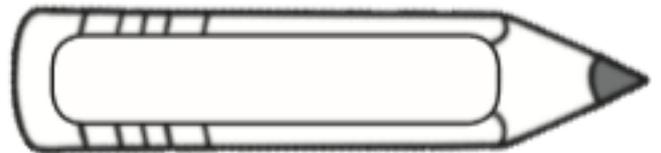
# Mindfulness Journal



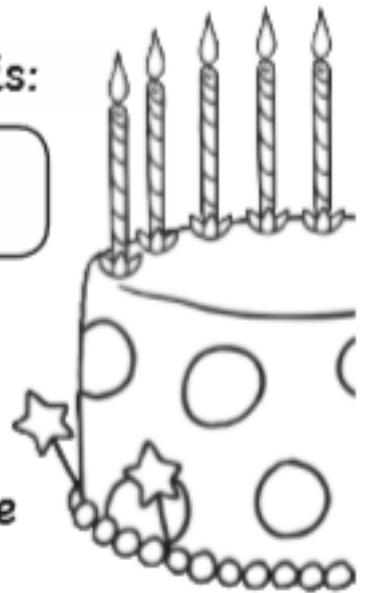
# All About Me



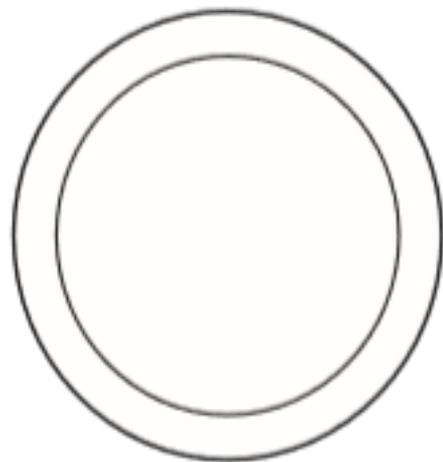
My name is:



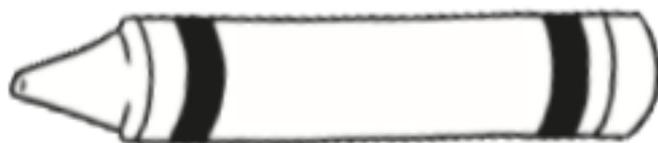
My birthday is:



My favourite food is:



My favourite colour is:



My favourite book is:

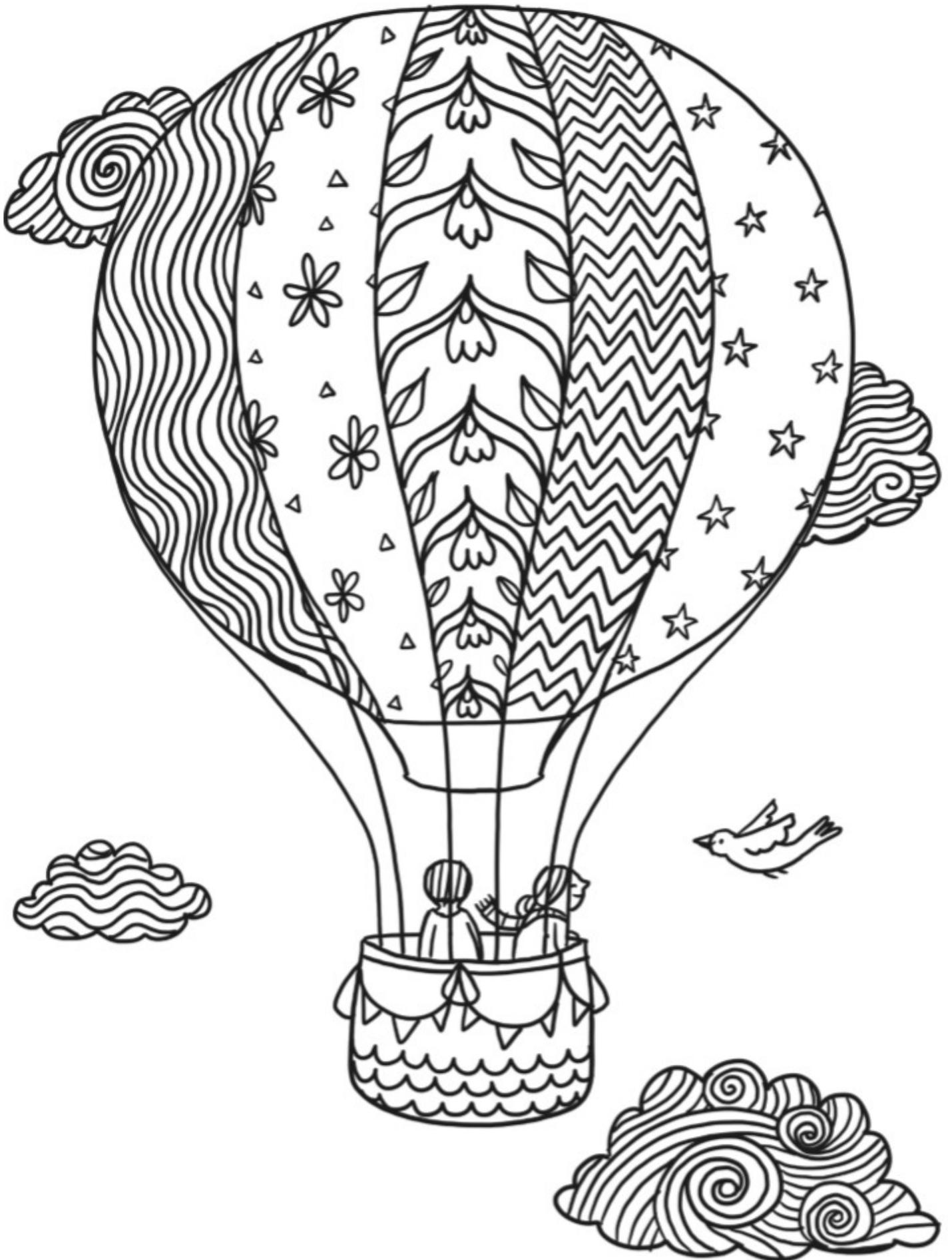


My favourite television show is:





Sometimes when we are worried, we can imagine putting our worries inside a balloon and watching them float away.



Look at these ways of helping you relax or feel calm.

Highlight in yellow the things you already do.

Highlight in green the things you want to try in the future.

# COPING TOOLS: What Helps Me

- |   |  |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine             | <input type="checkbox"/> Ride a Bike or Skateboard            |
| <input type="checkbox"/> Hug or Climb a Tree                 | <input type="checkbox"/> Create Origami                       |
| <input type="checkbox"/> Journal or Write a Letter           | <input type="checkbox"/> Cook or Bake                         |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help                         |
| <input type="checkbox"/> Make a Collage or Scrapbook         | <input type="checkbox"/> Talk to Someone You Trust            |
| <input type="checkbox"/> Rest, Nap or Take a Break           | <input type="checkbox"/> Weave, Knit or Crochet               |
| <input type="checkbox"/> Go on a Hike, Walk or Run           | <input type="checkbox"/> Build Something                      |
| <input type="checkbox"/> Take Good Care of the Earth        | <input type="checkbox"/> Get a Hug                           |
| <input type="checkbox"/> Drink Water                       | <input type="checkbox"/> Visualize a Peaceful Place         |
| <input type="checkbox"/> Play a Board Game                 | <input type="checkbox"/> Stretch                             |
| <input type="checkbox"/> Do Something Kind                 | <input type="checkbox"/> Make Art                           |
| <input type="checkbox"/> Make and Play with Slime          | <input type="checkbox"/> Use Positive Affirmations          |
| <input type="checkbox"/> Discover Treasures in Nature      | <input type="checkbox"/> Take Slow, Mindful Breaths         |
| <input type="checkbox"/> Take a Shower or Bath             | <input type="checkbox"/> Clean, Declutter or Organize       |
| <input type="checkbox"/> Exercise                          | <input type="checkbox"/> Use Aromatherapy                   |
| <input type="checkbox"/> Drink a Warm Cup of Tea           | <input type="checkbox"/> Cry                                 |
| <input type="checkbox"/> Forgive, Let Go, Move On          | <input type="checkbox"/> Try or Learn Something New         |
| <input type="checkbox"/> Practice Yoga                     | <input type="checkbox"/> Listen to Music                    |
| <input type="checkbox"/> Garden or Do Yardwork             | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline              | <input type="checkbox"/> Get Plenty of Sleep                |
| <input type="checkbox"/> Cuddle or Play with Your Pet      | <input type="checkbox"/> Kick, Bounce or Throw a Ball       |
| <input type="checkbox"/> Practice Gratitude                | <input type="checkbox"/> Take or Look at Photographs        |
| <input type="checkbox"/> Do a Puzzle                       | <input type="checkbox"/> Eat Healthy                        |
| <input type="checkbox"/> Blow Bubbles                      | <input type="checkbox"/> Play Outside                       |
| <input type="checkbox"/> Smile and Laugh                   | <input type="checkbox"/> Sing and/or Dance                  |

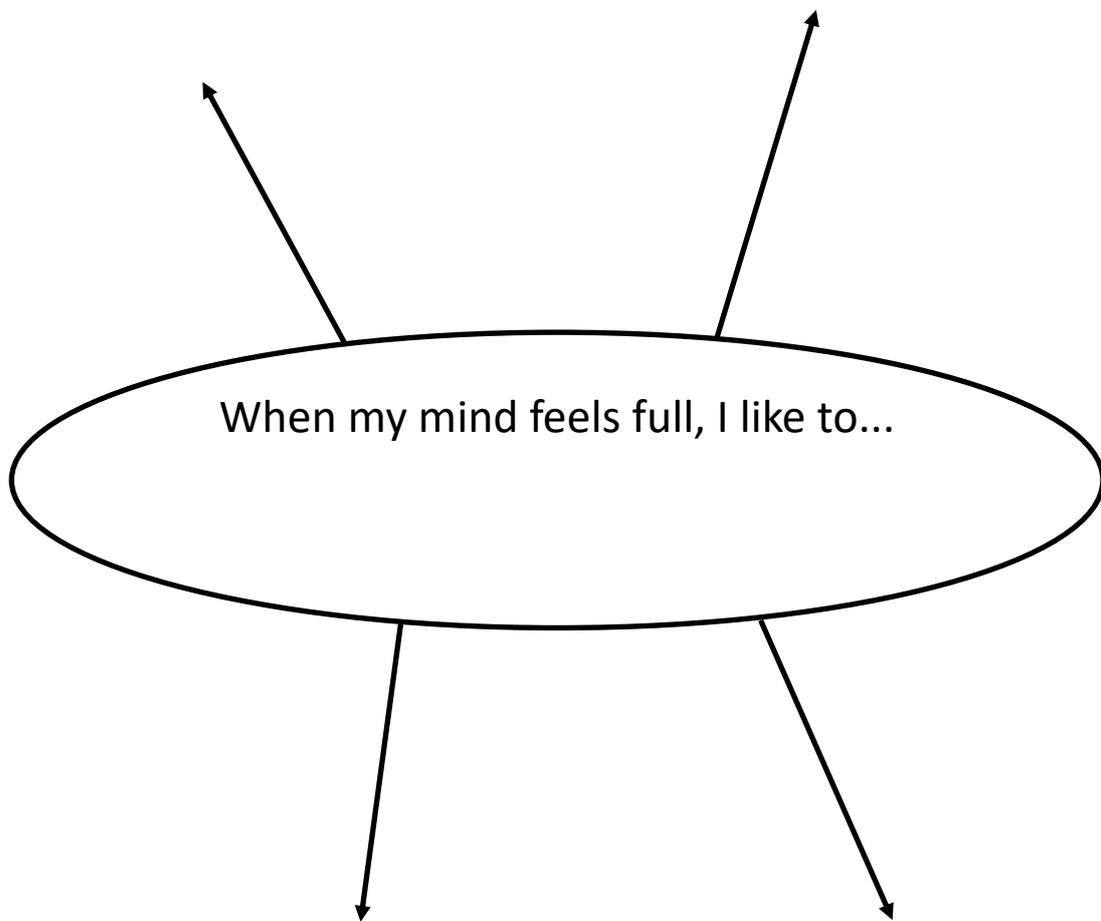
Look around you. What can you see? Can you write one thing you can see for each letter of the alphabet?

A \_\_\_\_\_  
B \_\_\_\_\_  
C \_\_\_\_\_  
D \_\_\_\_\_  
E \_\_\_\_\_  
F \_\_\_\_\_  
G \_\_\_\_\_  
H \_\_\_\_\_  
I \_\_\_\_\_  
J \_\_\_\_\_  
K \_\_\_\_\_  
L \_\_\_\_\_  
M \_\_\_\_\_  
N \_\_\_\_\_  
O \_\_\_\_\_  
P \_\_\_\_\_  
Q \_\_\_\_\_  
R \_\_\_\_\_  
S \_\_\_\_\_  
T \_\_\_\_\_  
U \_\_\_\_\_  
V \_\_\_\_\_  
W \_\_\_\_\_  
X \_\_\_\_\_  
Y \_\_\_\_\_  
Z \_\_\_\_\_



Sometimes our minds can feel full of emotions.

It is good to know what things help you to feel calm and relaxed when you are worried or feeling sad.



# I Am an Amazing Person!

Read and answer the questions in the stars below.  
You can draw or write the answers.

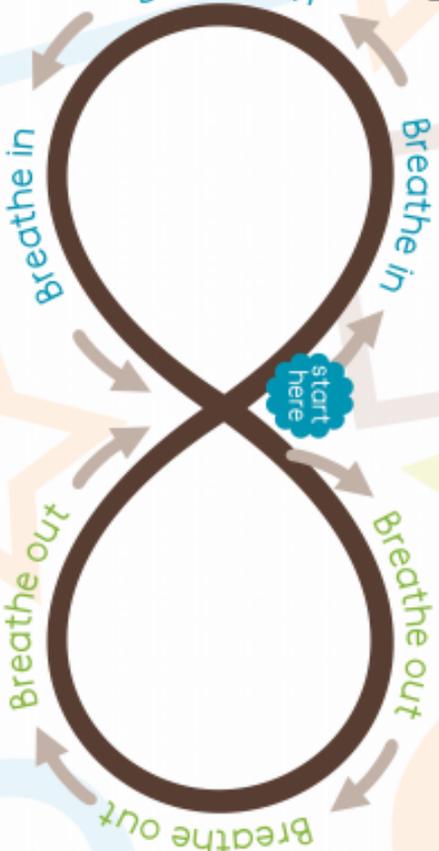




Let's practice some breathing activities to help us feel calm and focused on the 'now'.

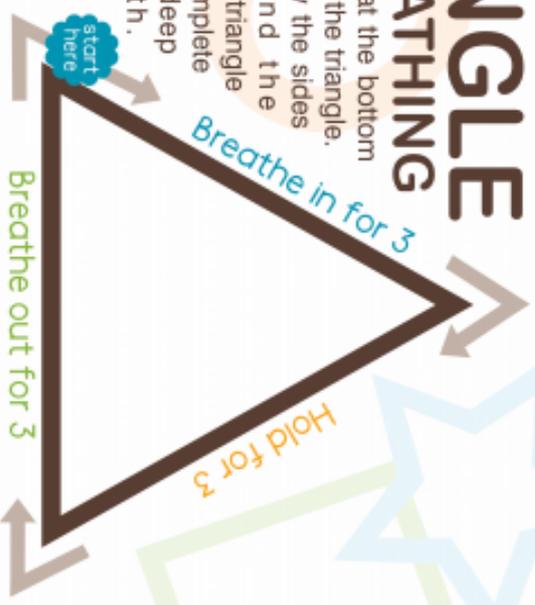
# LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



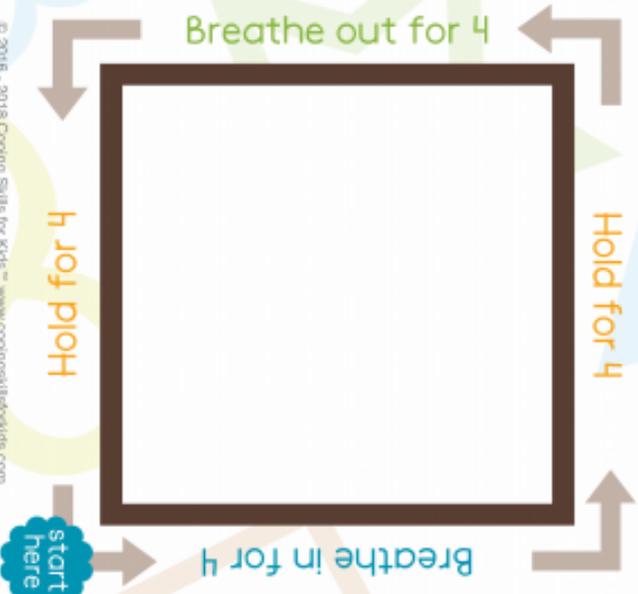
# TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



# SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



# STAR BREATHING

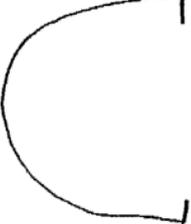
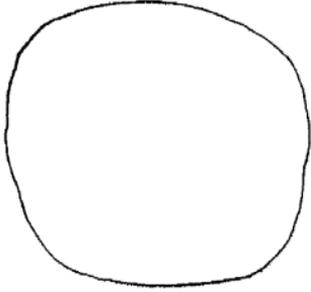
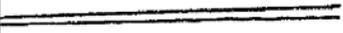
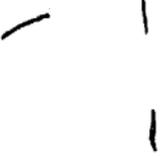
Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.



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It's ok to make mistakes. I want you to create a drawing out of the 'mistakes' in each box. This activity will show you that mistakes can be turned into something amazing.

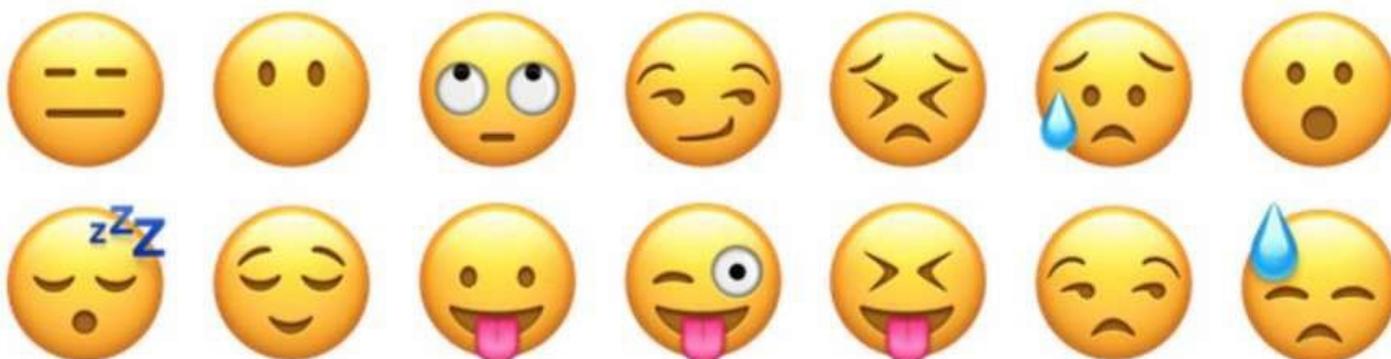
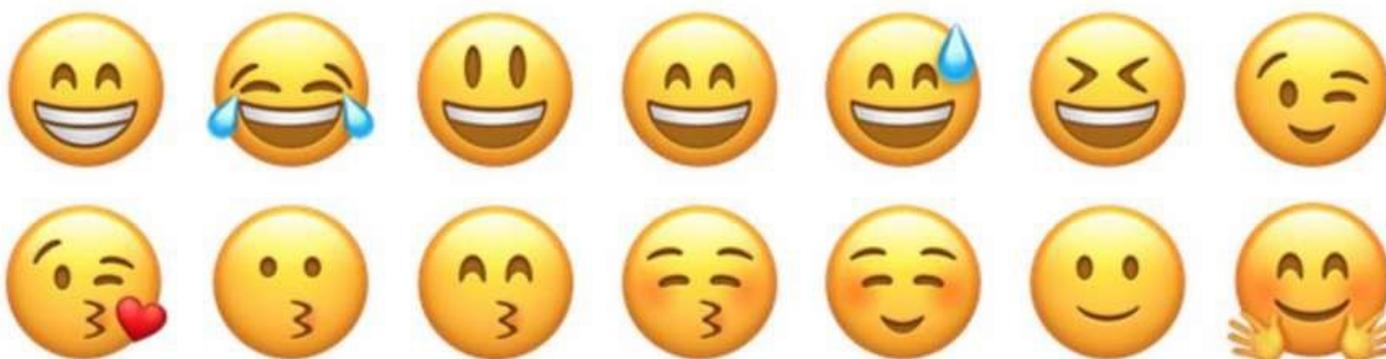
<b>IMAGINATION WORKOUT</b> INSTRUCTIONS: Use your imagination to create a picture out of the shapes and abstract lines in each of the squares.			
			
			
			
			

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



We have lots of emotions and different situations can make us feel different ways.

Label each emoji with the emotion you think they are feeling.



## Mindfulness Handwriting

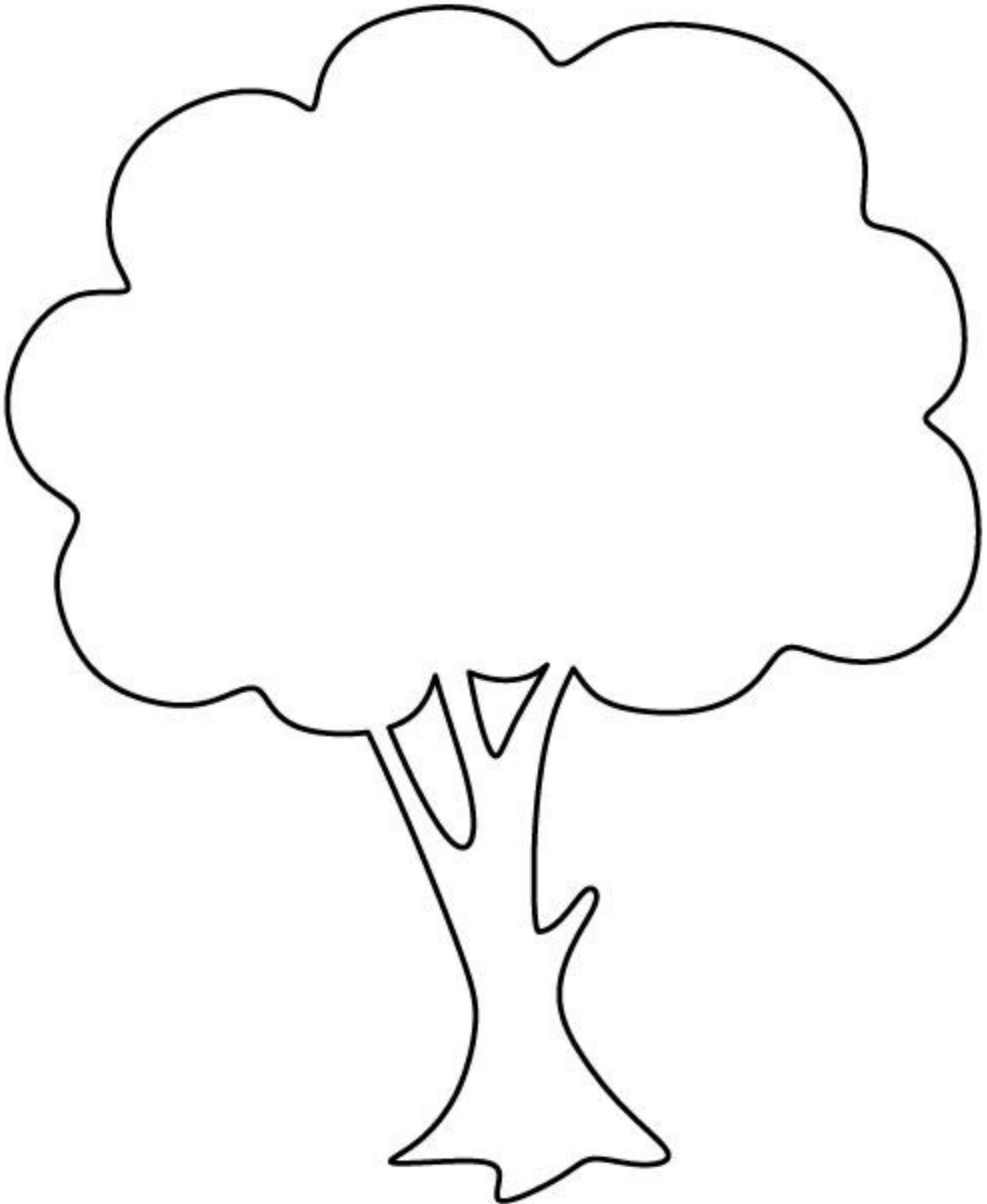
Carefully trace over the sentences and write them below as neatly as possible. Take deep breaths as you go and focus on how your pencil is moving on the page.

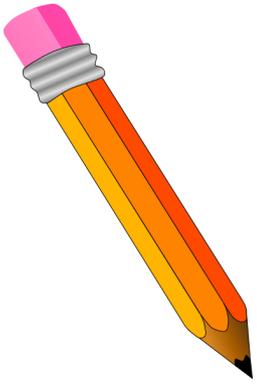
I am important and special.

Today you are you. That is truer than true. There is no-body in the world who is you-er than you.

We all have worries and it is completely normal to feel sad or worried.

Imagine there is a tree called a 'Hug Me' tree. This tree is so big and has so many branches that it can seem to take away or ease your worries. Draw or write about your worries and the Hug Me tree might help to ease them in your mind.





For two minutes, try to keep your pen or pencil moving for the entire time. What will your page look like by the end of the two minutes?

# Our 5 Senses...

To focus and relax our minds, it is helpful to notice things around you. This can help you think about the 'now'.



I can see....	
I can smell...	
I can taste...	
I can hear...	
I can feel...	



## Worry Monsters

Worries are normal but sometimes they can make our minds feel full. Design a worry monster who you can imagine will scare your fears and worries away.

Sometimes when we are sad, we can think of happy thoughts to help change our mood. Colour in  
Roald Dahl's words whilst  
thinking of things that make you happy.

"A person who has  
good thoughts cannot  
ever be ugly. You can  
have a wonky nose  
and a crooked mouth  
and a double chin and  
stick-out teeth, but if  
you have good  
thoughts they will  
shine out your face  
like sunbeams and you  
will always look  
lovely"

- Roald Dahl

## Rainbow Breaths

### Brain Break Breathing

### Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Did you like doing rainbow breaths?    Yes    No

How did you feel before doing rainbow breaths?

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How did you feel when you were doing rainbow breaths?

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How do you feel now?

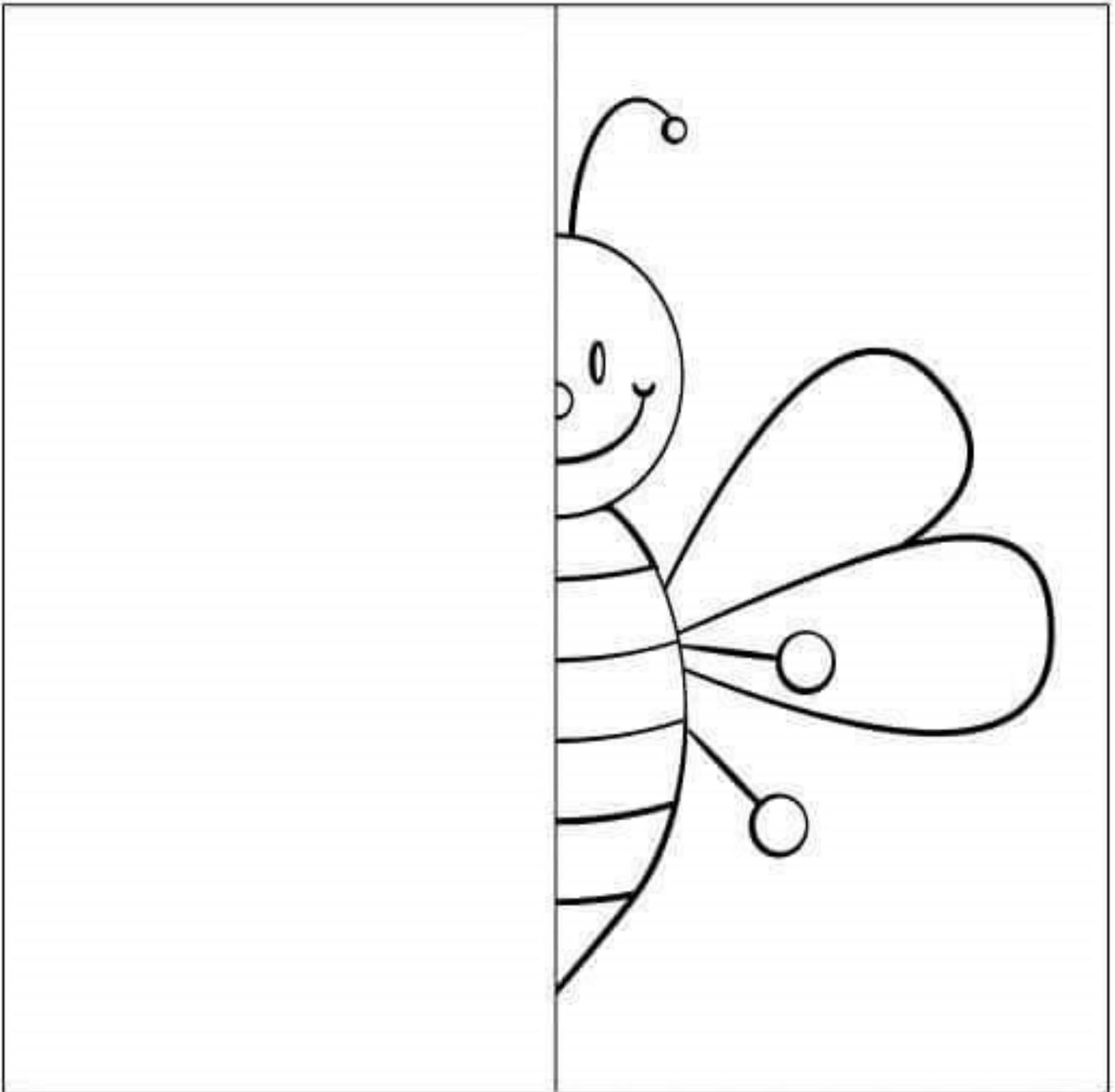
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## Doodle Page

Sometimes a good way to relax our minds is to fill a page with doodles and drawings.

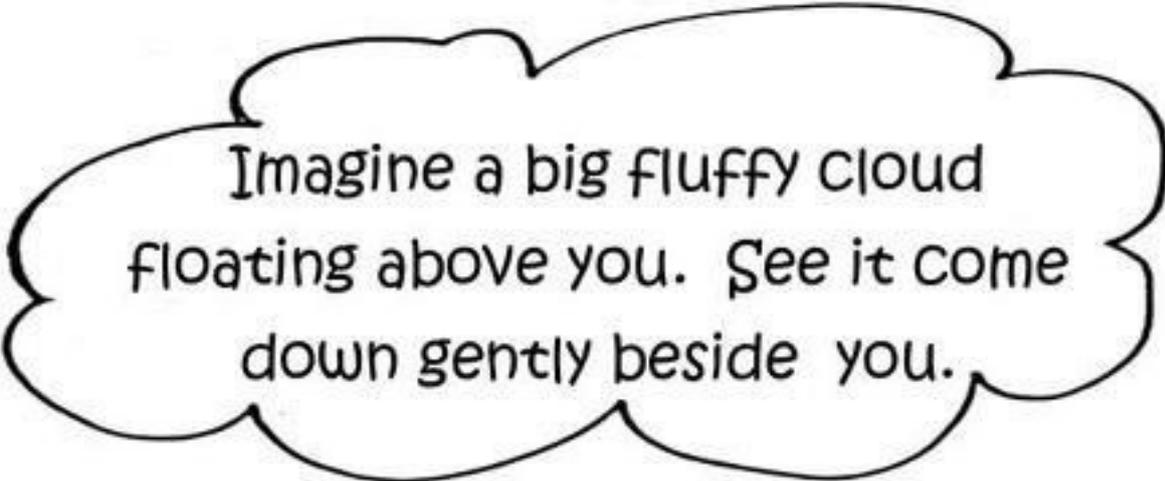
Can you focus your mind and pencil by completing the other half of this drawing?

If you do this carefully, it should look almost symmetrical to the right hand side.



# FLOATING ON A CLOUD

- \* Lie on your back & close your eyes.



Imagine a big fluffy cloud floating above you. See it come down gently beside you.

- \* Imagine what your cloud looks like. What color is it? Does it have a shape? This is your own special cloud... you are completely Safe & Happy when you are on your Cloud.
- \* Climb up onto your cloud & it will take you anywhere you want to go.
- \* What things do you see as you float on your cloud? Where will it take you? Let your cloud Fly you to a special place where you can rest Quietly & feel Peaceful.

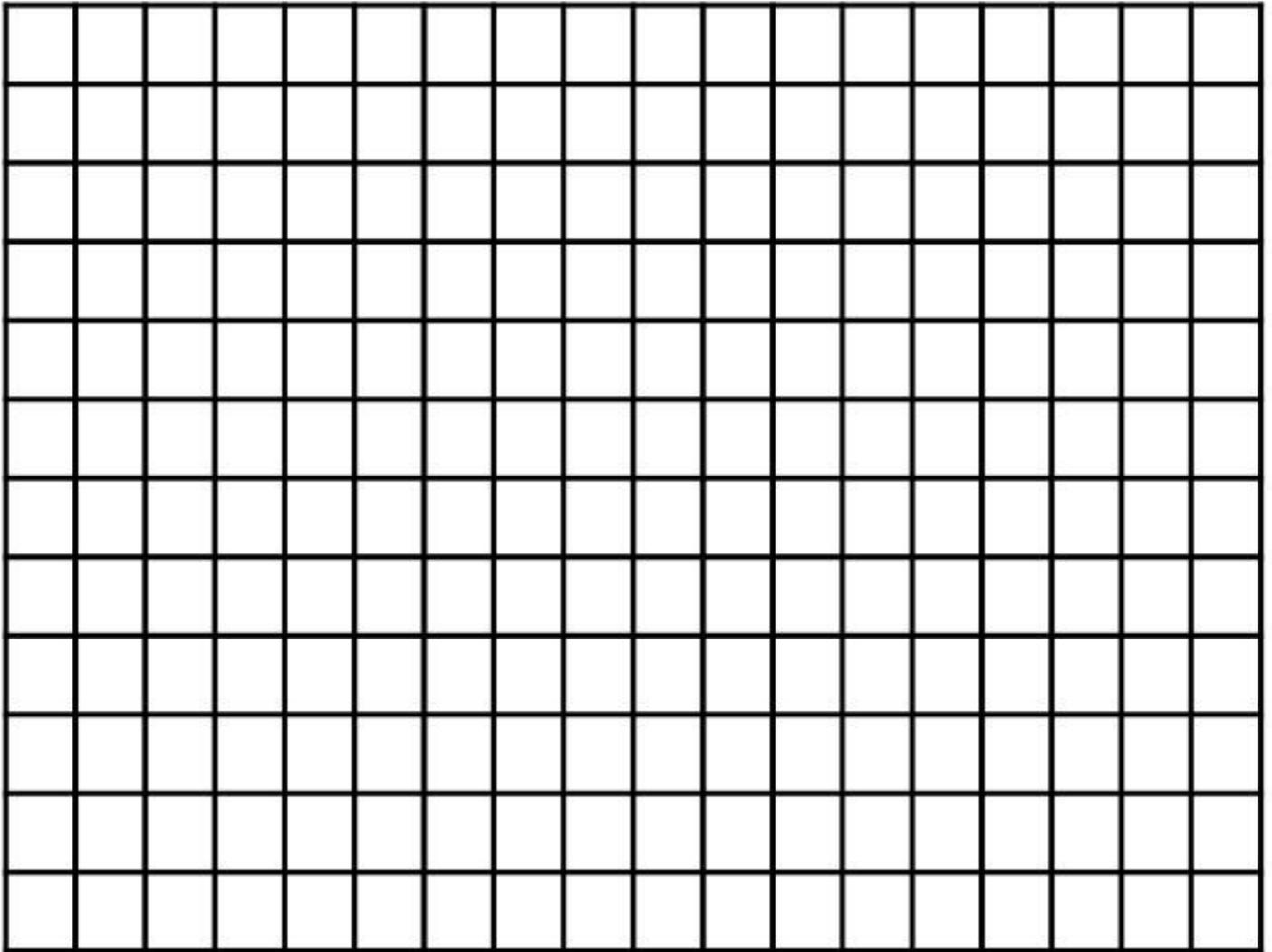
## **Compliment Page**

Leave this page open. Each person in the class will walk around the classroom writing a complement in each person's Mindfulness Journal.

This page will soon be full of compliments to make you smile.

Make a word-search filled with happy and positive words.

Create-Your-Own  
**WORD SEARCH**



**WORDS:**

Four horizontal lines for writing the words found in the search.