

MINDFULNESS

JOURNAL

FOR KIDS



WHAT IS MINDFULNESS?

Mindfulness is a practice of gently focusing your awareness on the present moment and being fully engaged with whatever you're doing at the moment — free from distraction or judgment.

BEING MINDFUL...

- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, worries, and regrets
- helps develop stronger relationships
- improves quality of sleep
- encourages positive behavior
- improves decision making ability

**MINDFULNESS IS A
SUPERPOWER.**



TUNING IN WITH YOUR FIVE SENSES

Use the 54321 grounding exercise to help you focus on the present moment and tune in to what is happening around you.

5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE



MINDFULNESS ACTIVITY



Practice mindfulness while gardening. Ask an adult to guide you on sowing seeds, watering seedlings, or pulling weeds. Practice being fully present by turning your attention to the sights, sounds, smells, and textures of the gardening task at hand.

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

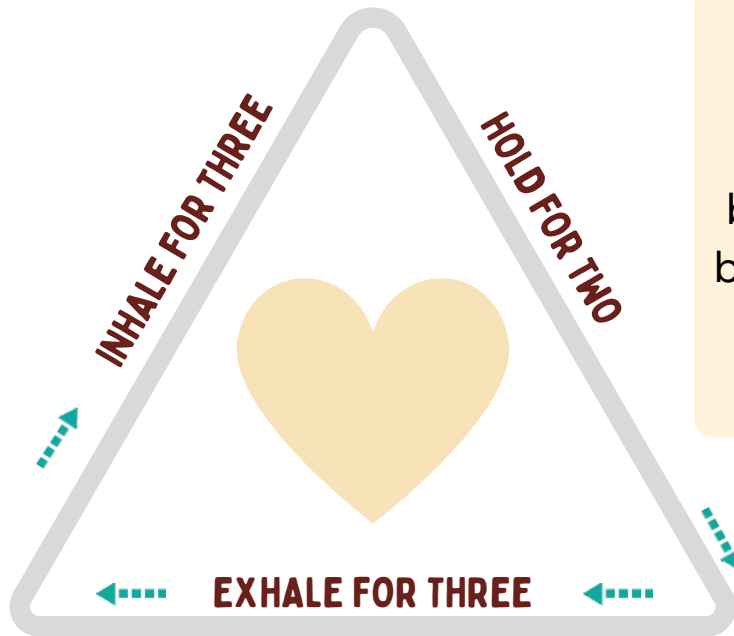
MINDFULNESS ACTIVITY

Sit straight on a chair or on the floor. Keep the back and the shoulders relaxed. Close your eyes. Breathe mindfully for five minutes. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you inhale, you breathe in love, joy, and peace. As you exhale, you breathe out sadness, boredom, anger, and tiredness.



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

MINDFULNESS ACTIVITY

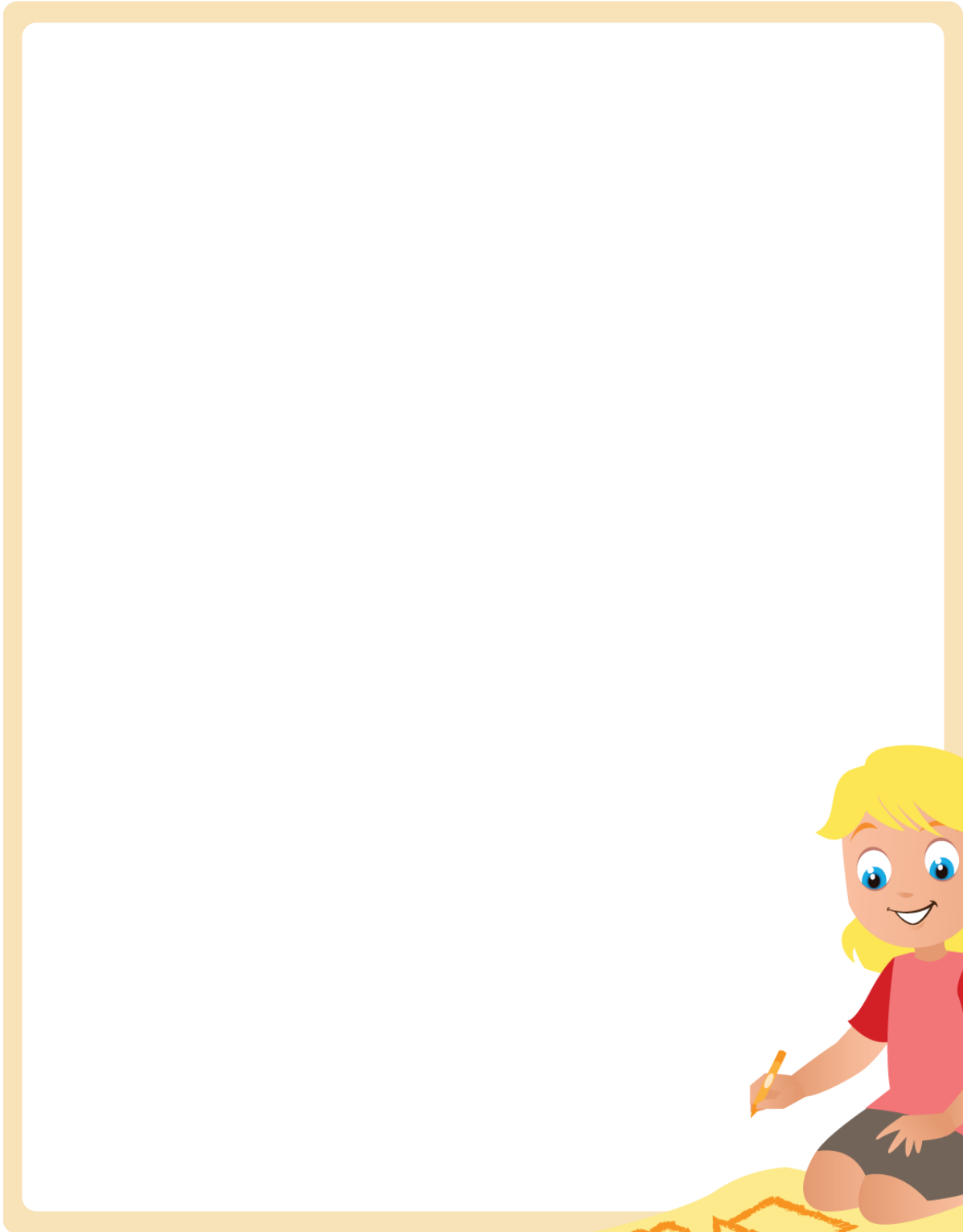


Practice paying attention to your breath to calm your body. Take full breaths by tracing the lines with your finger as you breathe in and out.

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

MY THOUGHTS

Write or draw any thoughts that keep coming up.

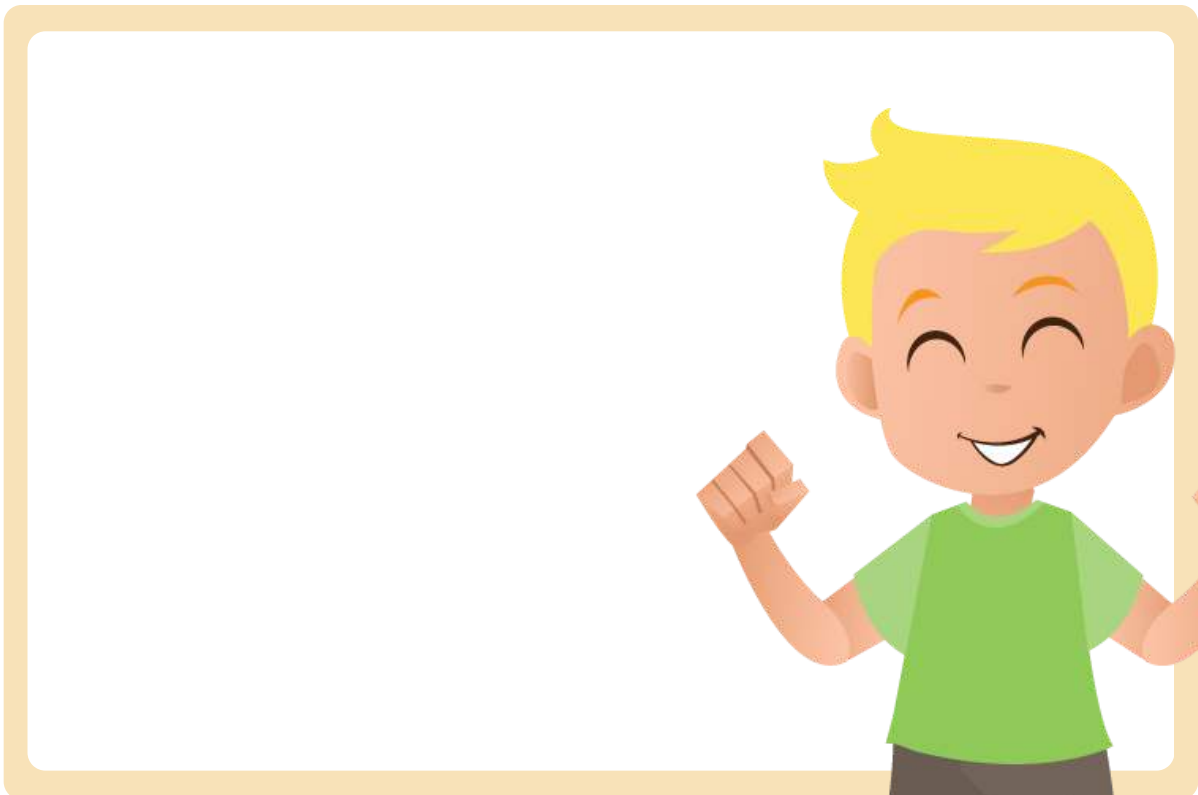


FEELING JOY

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?

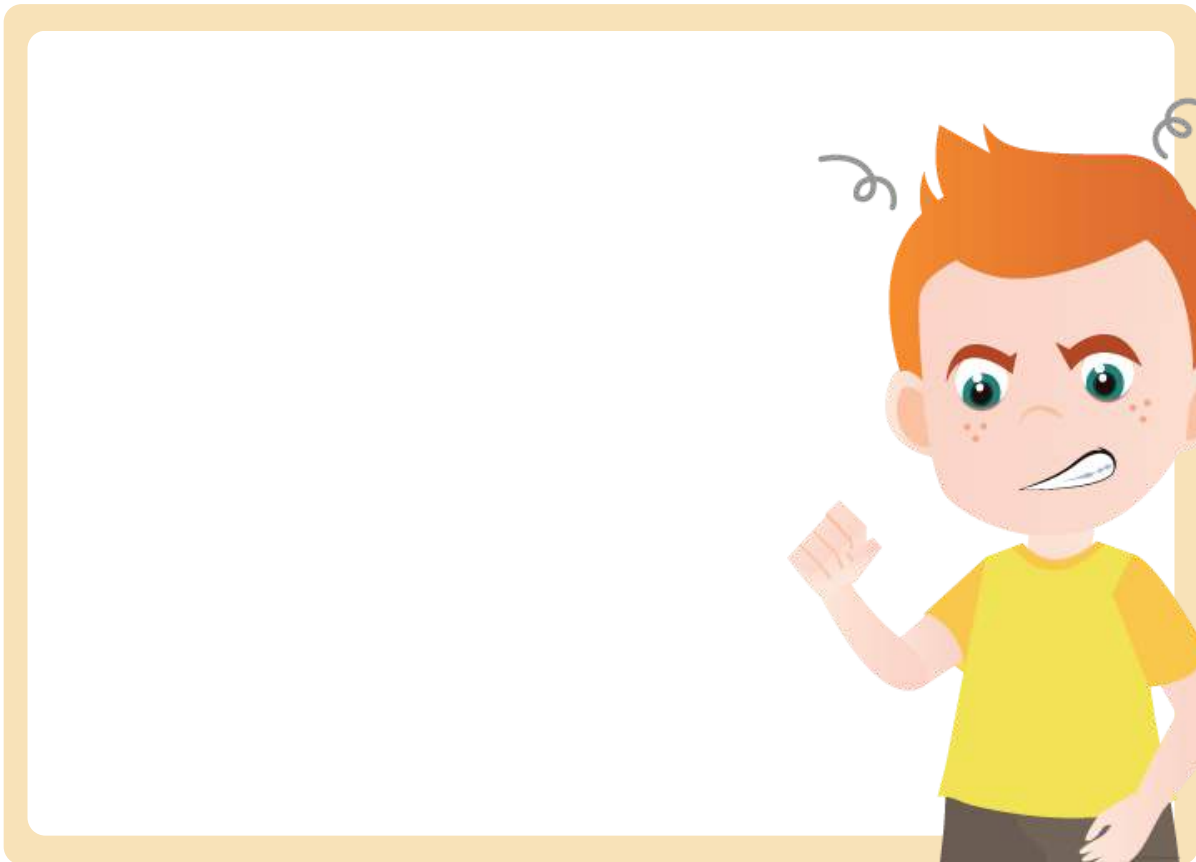


COPING WITH ANGER

Write down five things that make you feel angry.

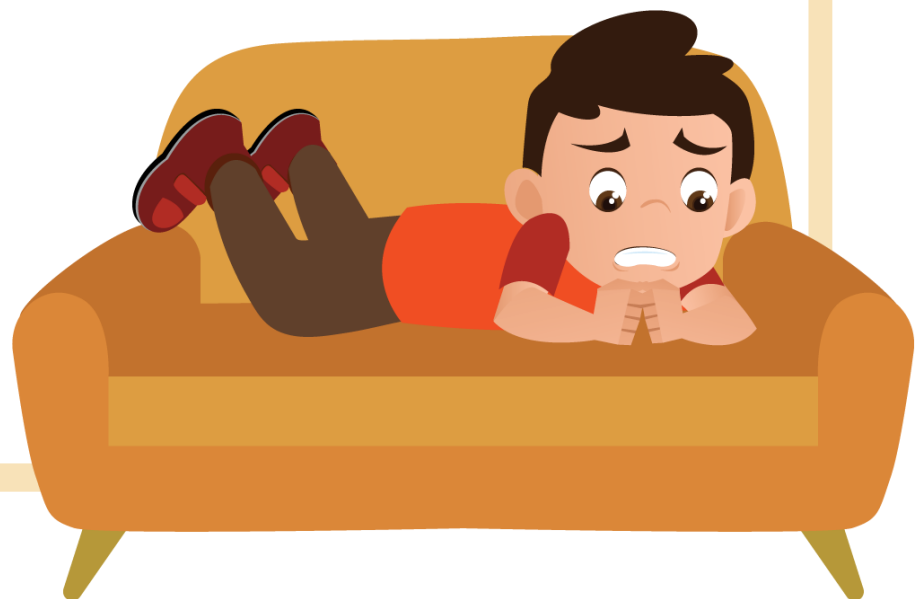


Write down five healthy coping skills.



MY WORRIES

Write down all of your worries that keep coming up.



DAILY REFLECTION

Date: _____

Three moments you'd like to remember:

One thing that inspired you:

One thing that surprised you:

One person who made you smile:

One thing you accomplished:



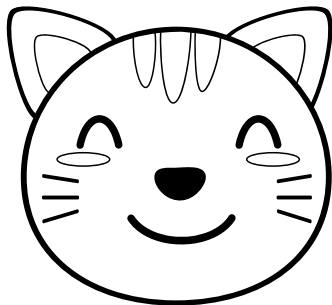
DAILY REFLECTION

Date: _____

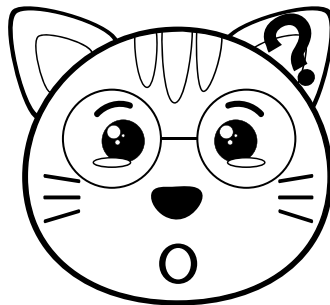
Things you are thankful for today:

The most challenging part of your day was:

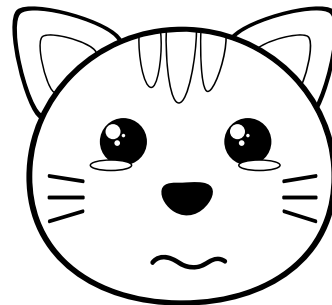
Color in your current mood:



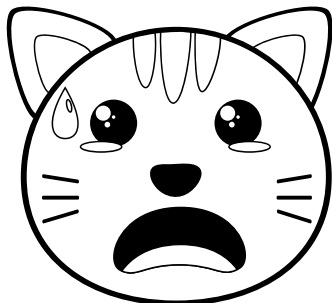
happy



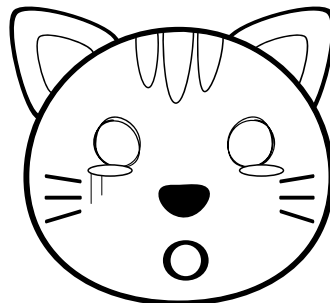
confused



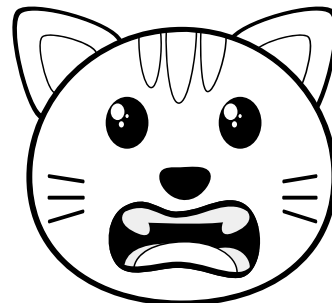
sad



scared



tired



upset