Mindfulness Activity Book

Recommended for ages 6+

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CLiA Community Outreach Fellows 2021
My Healthy Plate

- Fruits
- Grains
- Vegetables
- Protein

Dairy section:
- Yogurt
- Cheese
Healthy Snacks

Ants on a Log

1. Wash celery
2. Break celery into pieces
3. Spread peanut butter over celery
4. Place raisins on top of peanut butter

Other Recipe Ideas

- Cheese on whole grain crackers with grapes
- Yogurt with granola and bananas
- Apple slices with peanut butter
Go to the food store with someone and pick out 3 things to make a healthy snack (from 3 different food groups on page 1). After, draw a picture of what you made!
Healthy Eating

Directions: Match the number of the picture with the number on the grid. Identify the food and write it either down or across in the boxes.

Example: The picture labeled number 1 is an orange, so you would find number 1 in the grid and write “orange” down the boxes!

WORD BOX:

BANANAS  ORANGE
TOMATO  STRAWBERRY
APPLE  CUCUMBER
CARROTS  LETTUCE
CORN  PEAS

Down
1.  
2.  
3.  

Across
3.  
4.  
5.  
6.  
7.  
8.  
9.  

No letters should go in the gray boxes!
Ask a parent or older sibling to take you on a walk outside. Bring a paper bag with you to collect things you find on your walk. While you're walking, think about your five senses. What can you see, taste, smell, hear or feel? On the next page, write about or paste things you collect.
THE 5 SENSES

Draw or paste things that you can see, taste, smell, hear, and feel.

I can see . . .

I can taste . . .

I can smell . . .

I can hear . . .

I can feel . . .
Move Your Body

TRY ALL OF THESE EXERCISES AND CHOOSE 5 THAT YOU LIKE!
Challenge: Do all 5 of the exercises that you chose for 5 days in a row!

How many pushups can you do in 30 seconds? ____

Try skipping or galloping for 1 minute! Do you know the difference?

Hop on each leg 10 times!

Try to jump as far as you can. Measure how far your jump was and write it down here! ____

Do 25 jumping jacks!

See how many times you can throw a ball inside a bucket from 5 steps away! ____

Ask someone to throw a ball towards you 10 times and see how many times you can catch it! ____

Crawl like a crab for 10 counts!
Feel your Heartbeat

BEFORE doing these 5 exercises, place your right hand on the left side of your chest. Do you feel anything?

REMEMBER: to tell the difference between right and left, hold your hands out in front of you and try to make an L shape! The hand that correctly makes an L is your left side!

The thump-thump-thump-thump sound that you are feeling is your heart beating! Your heart is a muscle with a very important role in your body. It is always beating, even when you are asleep. Its function is to move blood around your body!
If you notice that your heart is beating faster now, it’s because when you are moving around, your heart needs to move more blood around your body to help give you the extra energy you need when exercising! You use more oxygen when moving around, so your heart pumps the blood carrying oxygen faster throughout your body!

**AFTER** doing these 5 exercises, place your right hand again on the left side of your chest. Do you notice a difference?
Fun Yoga Poses to Try

Mountain pose

Stand tall with your legs and feet together. Place your arms down by your side.

Cat pose

Place your hands and knees on the floor as if you were crawling. Then, take a deep breath in, arch your back, and lift up your head. As you breathe out, round your back and look down towards your belly button. Lastly, sit on your calves and throw your arms straight forward.

Seal pose

Lay down on your stomach and place your hands flat down under your shoulders. Then, lift up your head and chest.
Triangle pose

Stand with your legs and feet apart. Turn one foot out and the other foot in. Hold your arms straight out, one arm on each side. Then, with one arm, reach for the foot that you turned out while making sure that your other arm is straight up. Lastly, look up to the sky.

Bold Warrior

Stand with your legs and feet apart. Turn to your side so that one leg is forward in the front of you and the other leg is back behind you. Make sure the foot in front of you is pointed forward and the foot behind you is pointed toward the side. Then, raise both of your arms straight up in the air and hold!

Down dog pose

Place your hands and feet flat on the floor. Keep your legs straight and bend your body, creating a triangle shape with the floor as the third side.
Rock pose

Sit on your calves with your back straight. Then, fold forward while keeping your calves in the same place. Place your forehead on the floor and keep your arms straight, letting your hands rest by your feet.

Dancer pose

Stand straight in a mountain pose. Bend your leg and grab your ankle with one hand. Throw your other hand straight up in the air. Then bring your bent leg up and extend your other arm forward.

Tree pose

Stand up tall. Bend one leg, and bring your foot up above your knee so your foot is flat against your other thigh. Then, throw your arms straight up in the air and bring your palms together.
Ava wakes up when her alarm rings. She then brushes her teeth, gets dressed for the day, and goes to the kitchen for breakfast. As soon as she finishes breakfast, she puts her dishes in the sink and puts on her shoes as she waits for her mom to drive her to school.

Write down the things YOU do in the morning to get ready for the day.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Every night before bed, Max takes a relaxing bubble bath, puts his comfy pajamas, and brushes his teeth. He then sits in bed and reads his favorite bedtime story. As he gets more tired, he turns off the light and falls asleep.

Write down the things YOU do at night before going to bed.

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________
MATCHING FACES

Match each drawing to the correct feeling:

- Happy
- Sad
- Scared
- Angry
DRAWING FACES

Draw the expressions on each of the faces to match the feelings:

CONFUSED

EXCITED

SILLY

WORRIED
Color the Mandala

A mandala (meaning “circle”) is a symbol of the universe. It is used as a guide for calming down and relaxing. Color in the mandala on the next page with colors that you FEEL. Colors have meanings:

RED: strength, energy, anger
PINK: love
ORANGE: creativity, excitement
YELLOW: learning, happiness, hope
GREEN: love of nature
BLUE: peace, meditation
PURPLE: spiritual
WHITE: goodness, clean
BLACK: mystery, deep thinking, unique
What to do when you're upset

When you're feeling sad, anxious, or angry, try taking space for 30 minutes. Taking space means stepping away from what's causing you to be upset. Here are some coloring pages with activities you can try to help you feel better. These are called coping skills.
Breathing Exercises

INHALE
Breathe in through your nose for 3 counts...

EXHALE
Breathe out through your mouth for 3 counts

Try these fun animal breaths!

SNAKE BREATH: Take a deep breath in through your nose. As you breathe out, make a hissing sound for as long as you can. Do this as slowly as you can so your hiss can last longer!

LION’S BREATH: Take a deep breath in through your nose. As you breathe out, roar like a lion!
Clenching Fists

When you feel angry, try clenching your fists and squeezing your eyes really tight and count to 5. Then, let go and notice how you feel before and after.

How I feel BEFORE:

How I feel AFTER:

When you feel angry, try clenching your fists and squeezing your eyes really tight and count to 5. Then, let go and notice how you feel before and after.
Challenge: try to say these to yourself EVERY day for 1 week!

- I can learn from mistakes
- I can make others feel happy
- I can learn how to do this
- I can think of great ideas
- I can overcome challenges
Writing down or drawing your feelings and thoughts in a journal and talking about your feelings to a friend or family member can help you feel better.
Listening to music can help you calm down when you're feeling upset or anxious. Try it out and pay attention to how you feel before and after.
Calm Basket

Fill a basket with your favorite things. When you feel sad or angry, you can use this basket to calm down and feel better. Below are some examples!
TRACE AND COLOR YOUR HAND. AT THE TIP OF EACH FINGER, WRITE SOMETHING THAT HELPS YOU TO CALM DOWN WHEN YOU FEEL ANXIOUS OR ANGRY.