



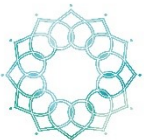
HEAD & HEART  
*mindfulness*

FREE

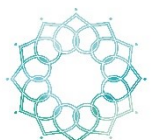
Kids

Mindfulness

Journal



[HEADANDHEARTMINDFULNESS.COM.AU](http://HEADANDHEARTMINDFULNESS.COM.AU)



This **Mindfulness Workbook** belongs to

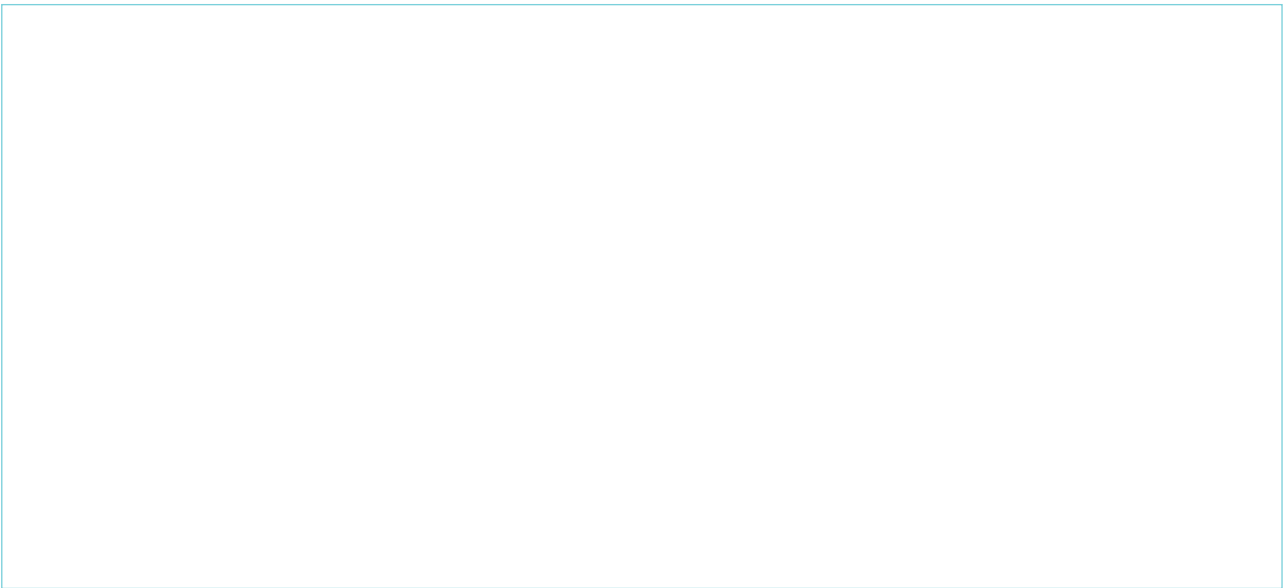
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This is a picture of **me!**



Mindfulness teaches us ways to  
help ourselves feel  
calm and happy...

To help me feel *calm* I like to:

A large, empty rectangular box with a thin blue border, intended for the user to write their preferred methods for feeling calm.

To help me feel *happy* I like to:

A large, empty rectangular box with a thin blue border, intended for the user to write their preferred methods for feeling happy.

Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Deep belly breathing. Place your hands on your belly and practise your deep belly breathing.

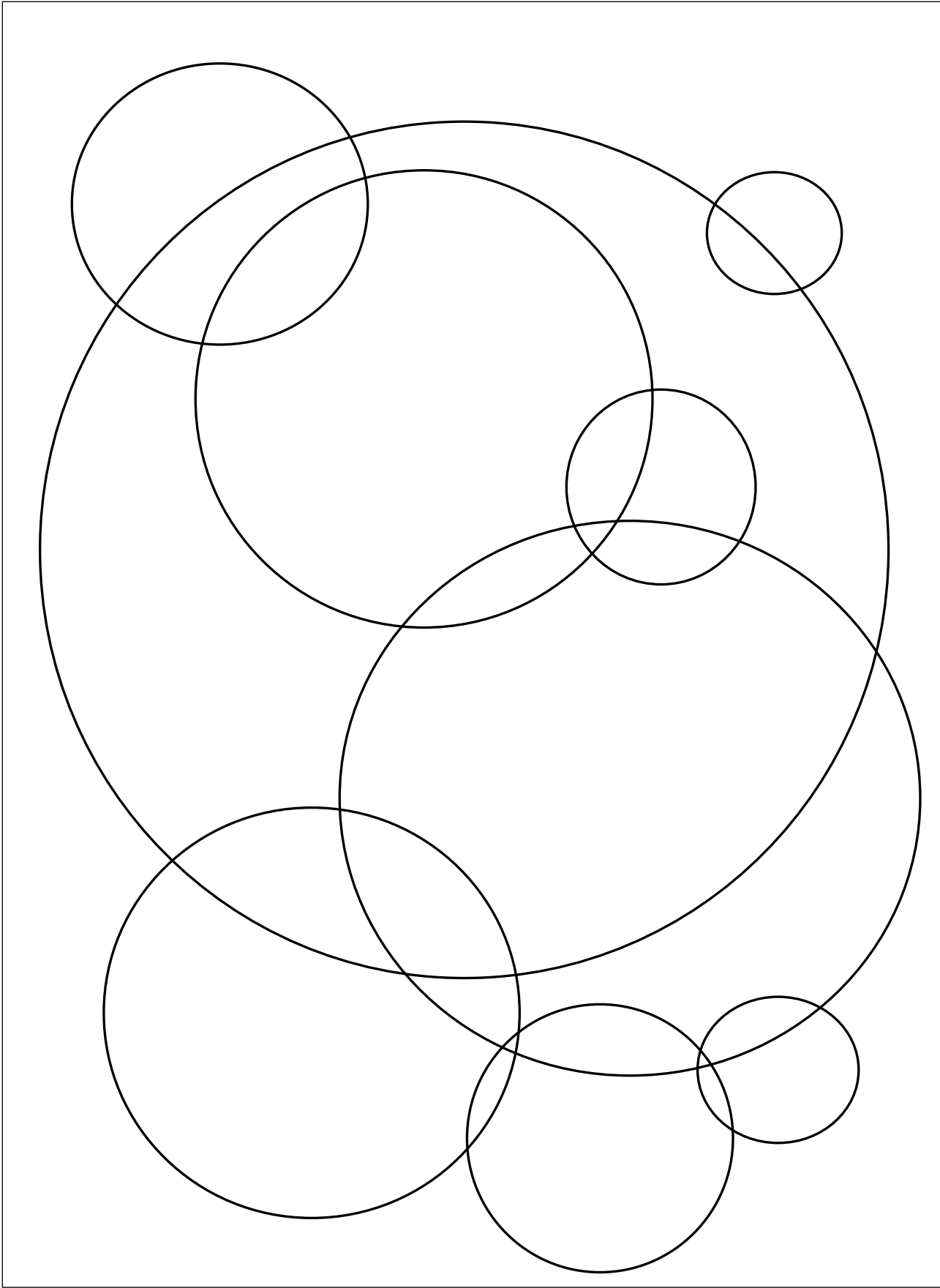
## Gratitude

What activity/thing that you get to do, are you grateful for? Why are you grateful for this??

## Positive Thinking

I am calm • I am \_\_\_\_\_

# Mindful Colouring



Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Chest breathing. Place your hands on your chest and feel your chest rise and fall as you take slow, deep breaths.

## Gratitude

What place are you grateful for? Why are you grateful for this place??

## Positive Thinking

I am happy • I am \_\_\_\_\_

## Happy Place

Draw or write about a place that makes you feel happy. As you draw think about why it makes you happy.

A large, empty rectangular box with a thin purple border, intended for a child to draw or write about a happy place.

Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Counting breaths. As you breathe in say to yourself “breathing in” and as you breathe out say to yourself “breathing out.”

## Gratitude

What toy are you grateful for? Why are you grateful for this toy??

## Positive Thinking

I am relaxed • I am \_\_\_\_\_



## Mindful Colouring and Positive Thinking

Colour in the following positive thinking words.

Say them to yourself as you colour.

Calm  
Safe  
Relaxed  
Happy  
Special  
Awesome

Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Candle breathing. Hold up your hand and blow down one finger at a time as if it were a birthday candle.

## Gratitude

What colour are you grateful for? Why are you grateful for this colour??

## Positive Thinking

I am kind • I am \_\_\_\_\_

# Kindness

Draw a picture or write a story about being kind.

Think about who you are being kind to, what act of kindness you are doing and how it would make you both feel.

A large, empty rectangular box with a thin purple border, intended for a child to draw a picture or write a story about being kind.

Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Balloon breathing. Take in a deep breath and then pretend to blow up a balloon as you breathe out. You can pretend to blow your worries into the balloon and then throw the balloon and worries up into the sky.

## Gratitude

What are you grateful for in your home? Why are you grateful for this thing??

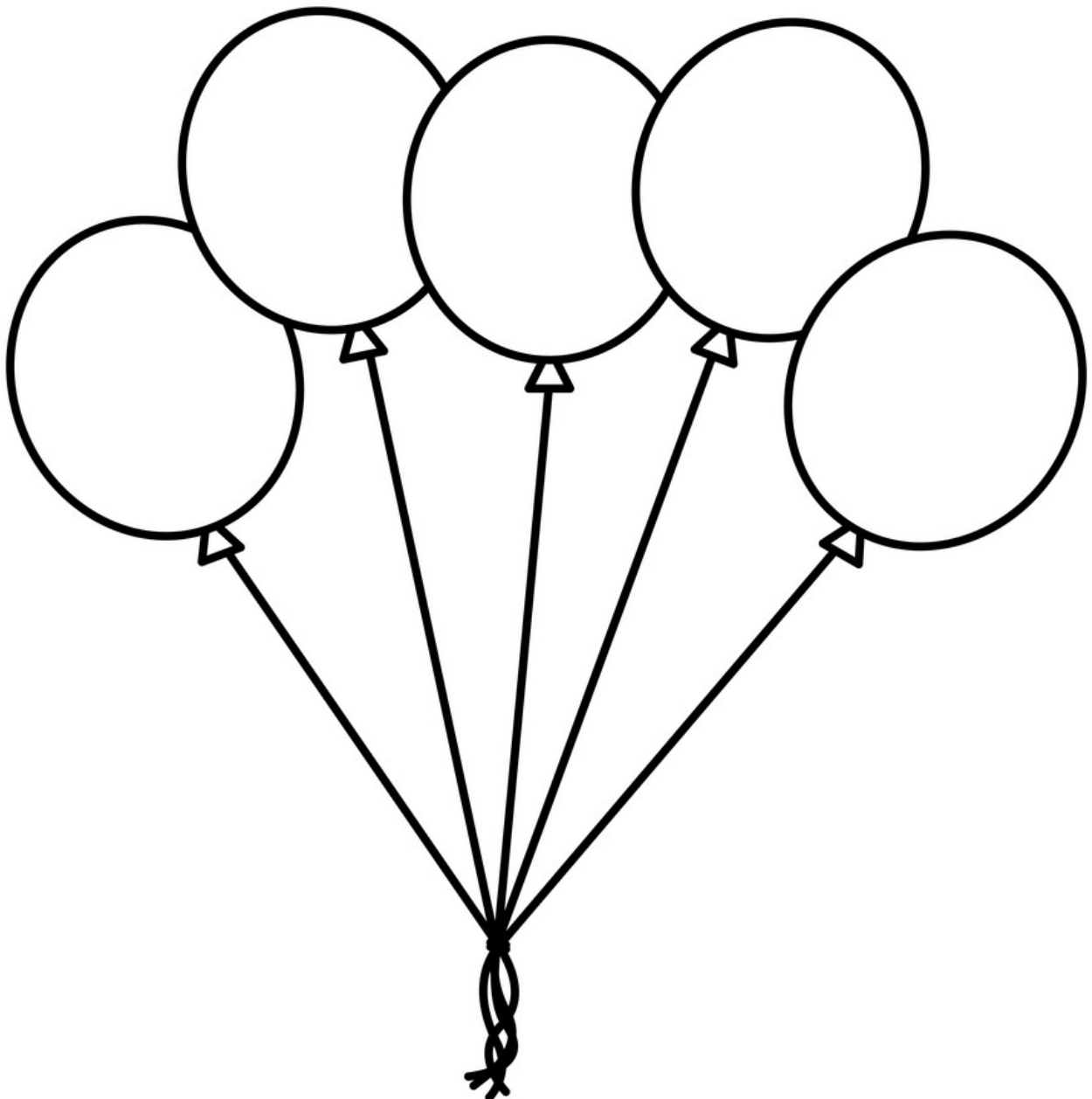
## Positive Thinking

I am brave • I am \_\_\_\_\_

## Worries

When you feel worried you can imagine that you place your worries in a balloon and let your worries float away.

Draw or list any worries that you have in the balloons below. Then close your eyes and imagine the balloons and your worries floating away.



Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Wave breathing. As you breathe in, lift your hands up in front of you and then as you breathe out, roll your hands over like a wave and down and make a 'shhh' sound.

## Gratitude

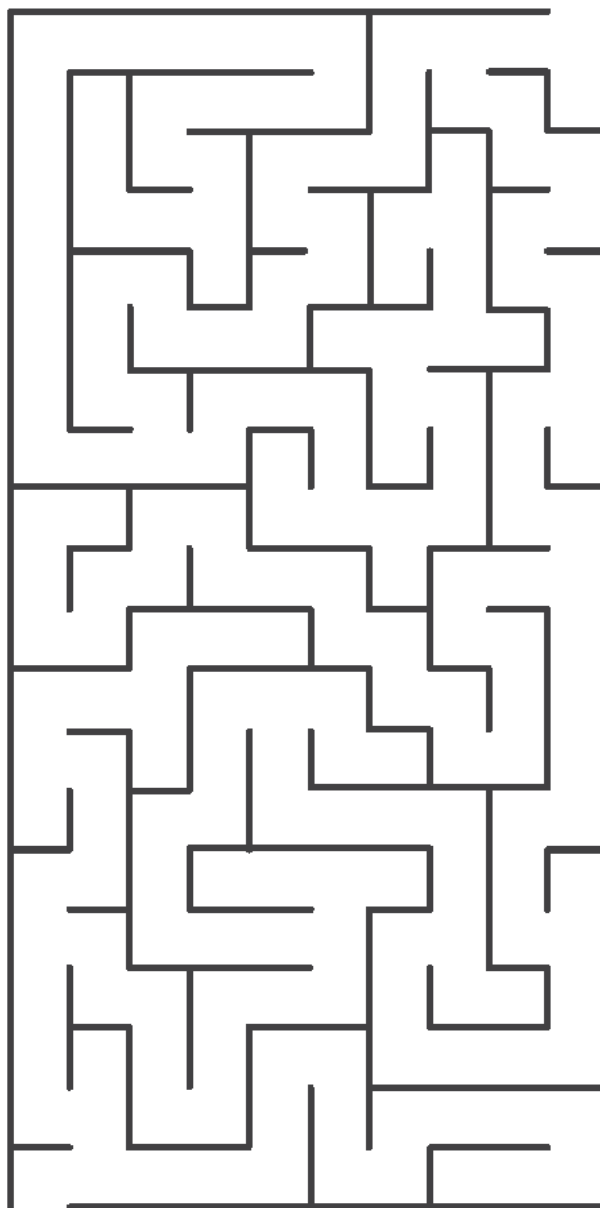
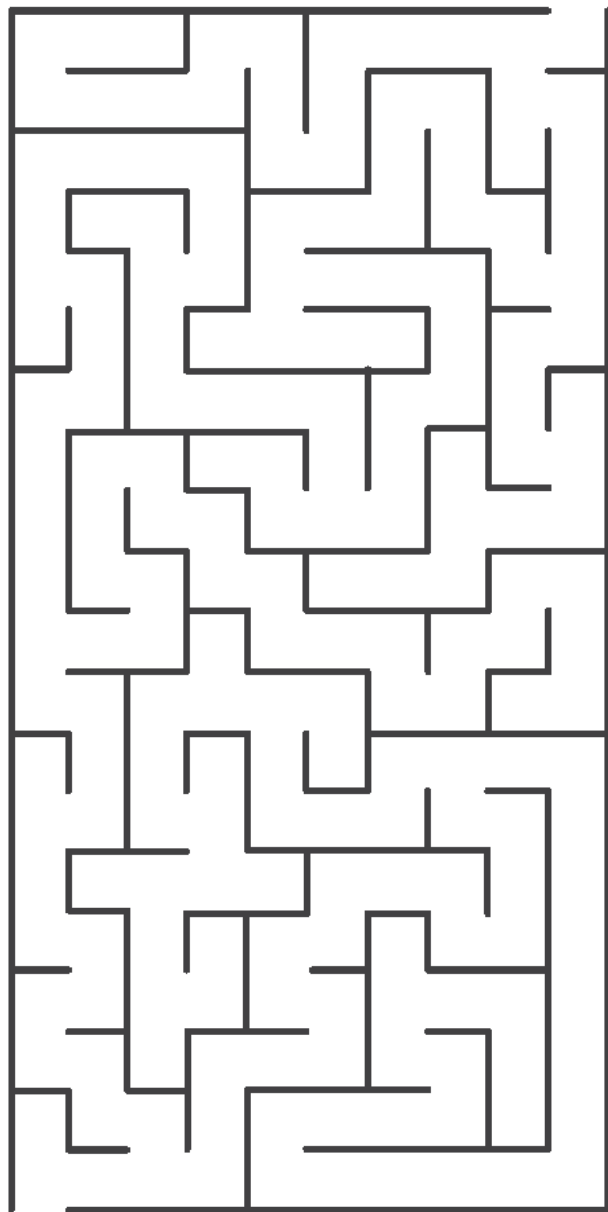
What song are you grateful for? Why are you grateful for this song??

## Positive Thinking

I can concentrate • I can \_\_\_\_\_

## Concentration

Can you find your way through the mazes?



Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Ahh breath. As you breathe in, lift your shoulders up. As you breathe out, say 'aaahhh' while you drop your shoulders and relax your whole body.

## Gratitude

What are you grateful for right now (it can be anything)? Why are you grateful for this??

## Positive Thinking

I am aware • I am \_\_\_\_\_



## Mindful Moments

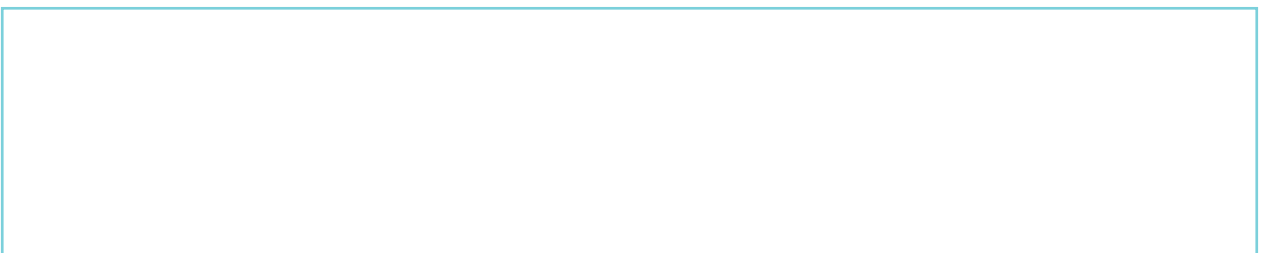
Draw or list some things that you can see right now...



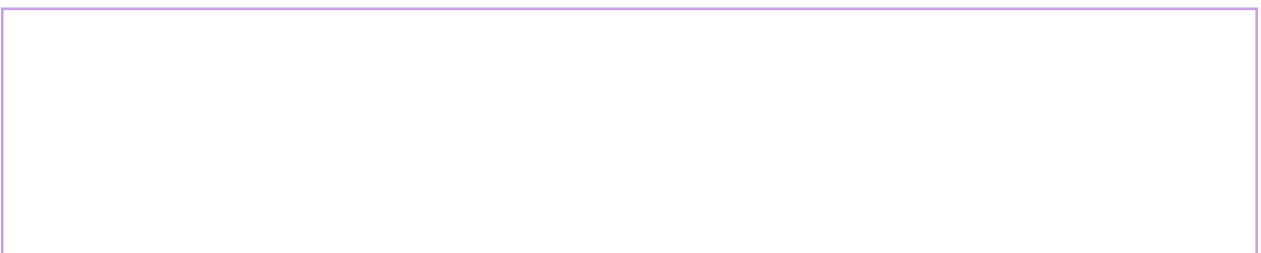
Draw or list some things that you can feel right now...



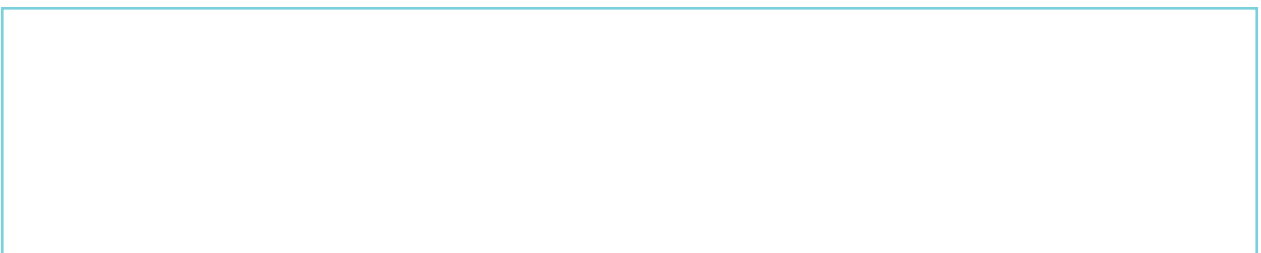
Draw or list some things that you can hear right now...



Draw or list something that you can smell right now...



Draw or list something that you can taste right now...



Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Triangle breathing. As you breathe in, trace up one side of an imaginary triangle and as you breathe out trace down and across the other two sides of the triangle.

## Gratitude

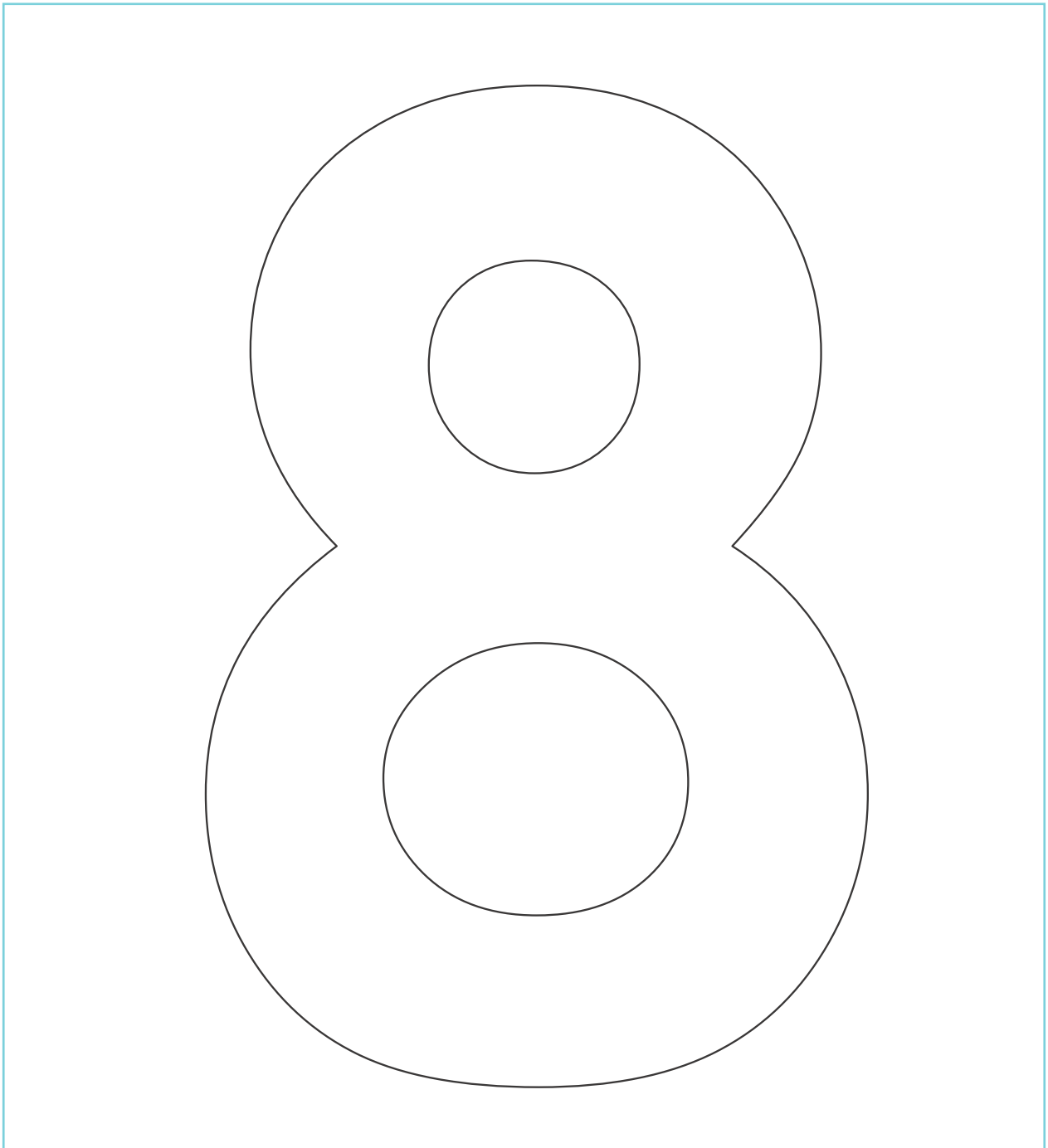
What thing are you grateful for that helps you feel peaceful? Why are you grateful for this??

## Positive Thinking

I am peaceful • I am \_\_\_\_\_

## Mindful 8's

Colour in your mindful 8. Then trace around the 8 with your finger. Slowly breathe in as you trace up the 8, and slowly breathe out as you trace down the 8.



Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Square Breathing. As you breathe in, trace up one side of an imaginary square and across the top of the square. As you breathe out, trace down the other side of the square and across the bottom.

## Gratitude

What animal are you grateful for? Why are you grateful for this animal??

## Positive Thinking

I am positive • I am \_\_\_\_\_

## Positive Thinking Find-a-word

Use the words in the find-a-word to help you with your positive thinking.

I am \_\_\_\_\_

m q q f u n n y y m c k i n d c d b  
c i w o i s y o r s i b m o l l y v  
a a n o q n m b r a v e o y d l d t  
s p r d w r c c o v h o n e s t v l  
d t l i f d c r p y n d w c e p g m  
s d r e n u a e e t n l h l v f r a  
u m a a i g l a z d e y o e k g e x  
p a b u n k m t a n i y n v j e a e  
e g i d t g s i h f j b o e e z t x  
r b h a p p y v h u e y l r u d k o  
h w d w o n d e r f u l a e x k y g  
f w i s n y a m a z i n g p k u g m

amazing  
brave  
calm  
clever  
creative  
funny  
great  
happy

loved  
mindful  
super  
strong  
wonderful  
honest  
incredible  
kind

Date: \_\_\_\_\_

## Check In

Right now, I am feeling



I would like to feel...



## Mindful Breathing

Heart breathing. Trace around an imaginary love heart as you breathe in and out.

## Gratitude

What person are you grateful for? Why are you grateful for this person??

## Positive Thinking

I am grateful • I am \_\_\_\_\_

## Special People

Think about some special people who you can go to for help or to talk to when you are having big feelings - sad, nervous, angry, scared etc.

Draw or list these people. They may be your friends, family or teachers.

A large, empty rectangular box with a thin purple border, intended for a child to draw or list their special people.

# Would you like more mindfulness resources?

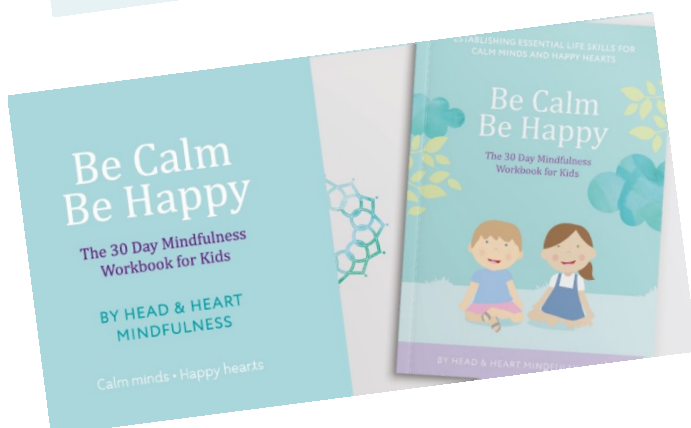
Our website has a range of quality products that you can use at home or in the classroom.

**Exclusive Online Resource Library** Containing 60+ video, audio and PDF resources

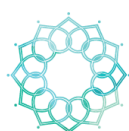
**Online Mindfulness Program for Kids** Series of 8 mindfulness sessions for kids

**Be Calm, Be Happy - 30 Day Mindfulness Workbooks** Hard /digital versions

**Mindful Living** Online Course for adults



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mindfulness