

Free Mindfulness Starter Pack

A gentle introduction to mindfulness and ACT for kids & parents.

Welcome, Forest Friends, 

At **Mindful Living Resources** , we believe mindfulness isn't about changing who you are — it's about noticing what's here, right now, with kindness.

This free starter pack introduces families to the gentle world of mindfulness and Acceptance & Commitment Therapy (ACT). Through short stories, playful activities, and breathing moments, you'll help your child (and yourself!) learn to:

- ✦ Pause and notice thoughts and feelings without judgment.
- ✦ Make space for emotions — even the tricky ones.
- ✦ Return to the present moment with curiosity and care.

Take a slow breath in 

Notice your shoulders, your heart, your breath.

Now, let's begin your mindful journey together.

Michael & the Acceptance Acres Crew



 For more ACT-based tools and printable resources, visit mindfullivingresources.com

What Mindfulness Really Is

Mindfulness for Kids: A Simple Start

✓ **Mindfulness IS:**

- Paying attention to what's happening right now - your thoughts, feelings, sensations, and surroundings
- Noticing without judgment, even when what we notice feels uncomfortable.
- The first step in developing *psychological flexibility* - the ability to stay present and choose actions that reflect our values.

✗ **Mindfulness ISN'T:**

- Making your thoughts disappear.
- Always feeling calm or happy.
- Something to “get right.” Mindfulness is a skill we grow through practice, not perfection, throughout our entire lives.

♥ **Why Mindfulness Helps**

Mindfulness helps kids (and parents!) slow down, pause before reacting, and understand their emotions with curiosity rather than fear.

When practiced regularly, it supports:

- Emotional regulation 🧠
- Empathy 💬
- Attention and focus 🎯
- Resilience through challenges 🌈

These are also the foundation of Acceptance and Commitment Therapy (ACT) — helping families build steady hearts and flexible minds together.

Try It Together

Mindfulness for Kids: A Simple Start

Take a slow, easy breath in....Now let it out gently.

Notice:

- 3 things you can see 👁️👁️
- 2 things you can hear 🦻
- 1 thing you can feel 🙌

That's mindfulness — noticing what's happening right here, right now.

Even one mindful minute can help your body feel calmer and your mind feel clearer.

💛 Parent Tip

Invite your child to name what they notice out loud.

- “I see the light on the wall.”
- “I hear the refrigerator humming.”
- “I feel my feet on the floor.”

These small shared observations help kids learn that calm attention grows through connection — not correction.

✏️ Reflect together

- What did you notice today?

- What helped your body feel calm?

Tier 1 – Story-Based Introduction

Stories help children see that thoughts and feelings come and go — and that they can choose how to respond with kindness and curiosity.

Finn, Delaney, and the Floating Rain

Finn the Fox kicked a pebble into the pond.

“I lost again,” he sighed. “I always mess up.”

Delaney the Duck paddled over. “Look at the rain,” she said softly.

Each drop made a ripple, and then the water grew calm again. Finn watched the circles fade.

“I guess thoughts are like that,” he said. “They come and go.”

He sat quietly, breathing as the rain slowed. The pond reflected both of them — still, gentle, and whole.

ACT Focus:

- **Defusion** — noticing thoughts without getting stuck in them.
- **Acceptance** — allowing feelings to exist, then letting them settle.

Reflect Together

- What did Finn notice when he slowed down?
- How did Delaney help him?
- What helps you calm your thoughts when they ripple?



Tier 2 – Everyday Mindfulness Activities

Mindfulness doesn't need quiet rooms or long meditations — it lives in simple, shared moments. Each of these activities helps kids and parents pause, notice, and reconnect to the present.

5-4-3-2-1 Senses Game - Find...

- 5 things you can see 👁️
- 4 things you can touch 🤲
- 3 things you can hear 👂
- 2 things you can smell 🤧
- 1 thing you can taste 🍷

 **ACT Focus:** *Present-Moment Awareness* — anchoring to the here and now through your senses.

Animal Detective Walk

Go for a short walk together and pretend you're exploring like your favorite forest friend. Ask each other...

- “What do you see that you've never noticed before?”
- “What sounds do you hear when we stop moving?”
- “Can you find three different shades of green?”

 **ACT Focus:** *Curiosity & Awareness* — discovering details in your surroundings helps quiet racing thoughts and open attention.

Parent Tip

Describe what you notice out loud to model mindful attention:

- “I hear the leaves crunch — they sound crisp and soft.”
- “I feel the breeze on my arms — it's cool and gentle.”

Small shared observations build a calm connection.

Reflect

Which activity helped you feel most calm today?



Tier 3 – Hands-On Mindfulness Play

Play helps children feel mindfulness in motion — through breath, imagination, and gentle fun.



Bubble Breathing

- Pretend to blow bubbles.
- Breathe in slowly ... then exhale softly to make your biggest bubble yet.
- Watch it float away until it pops.



ACT Focus: *Defusion* — letting go of sticky thoughts as easily as bubbles drift and disappear.



Lantern Light Breathing

- Imagine holding a tiny lantern in your hands.
- As you breathe in, picture the light glowing brighter.
- As you breathe out, imagine sharing that calm light with someone you care about.



ACT Focus: Values & Connection — breathing with purpose and warmth.



Parent Tip

- Keep these playful moments short and kind.
- Light laughter and soft focus help kids remember that calm can be simple and shared.



Closing Reflection

Every mindful moment helps your family grow steadier hearts and softer reactions. There's no perfect way to practice — only small moments of noticing and beginning again. When you pause, breathe, and connect, you're already teaching mindfulness by example.