

# Mindful Self-Care for Kids

Children navigate big emotions every day, and small mindful moments can help them feel calm, focused, and connected. Here are five simple self-care activities to encourage mindfulness and well-being. Practice each first with your child for fun when you are both calm.

**Relaxing Routine** – A consistent morning or bedtime ritual provides comfort and stability.



**Bubble Breathing** – Taking slow, deep breaths as if blowing a bubble helps regulate emotions.



**Active Listening** – Practicing full attention in conversations fosters connection and empathy.



**Nature Walk** – Engaging the senses outdoors encourages presence and curiosity.



**Get Active** – Movement, stretching, or play can release tension and boost mood.



# My Mindful Self-Care Plan

**Instructions:** Which of the self-care practices would you like to try this week? Fill in the spaces below with your plan!

- I will try \_\_\_\_\_.
  - Choose days/times \_\_\_\_\_.
- I chose this activity because \_\_\_\_\_.
- After practicing, I felt \_\_\_\_\_.
- One way I can remind myself to practice self-care is...
  - ☐ Setting a reminder on my phone
  - ☐ Writing it on a sticky note
  - ☐ Asking a friend or family member to remind me
  - ☐ Keeping a self-care checklist
  - ☐ Placing a visual cue (like a picture or object) in my room
  - ☐ \_\_\_\_\_
- Now, think of a time when you felt calm, happy, or focused. Maybe it was during a walk outside, taking deep breaths, or enjoying a quiet moment. Draw or color a picture of your 'mindful moment' in the space below! Is there a clever way to catch some of your thoughts?

