



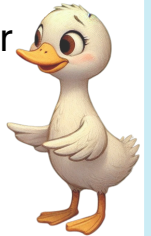
Light Leaf Thoughts: Defusion Card Set

"Let's practice letting sticky thoughts float away!"



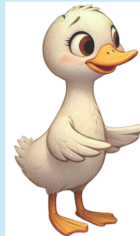
What is Defusion?

"Defusion helps us notice our thoughts without letting them stick to hard. Think of your thoughts like leaves or clouds. Let them float or blow past you."



How to Use the Cards:

- Pick an **Activity Card** and try the defusion exercise.
- After the activity, reflect on your activity with a **Reflection Card**.
- Use **Blank Cards** to create your own defusion exercises!
- Each card is flexible to be completed within a few minutes.



Encouragement for Parents:

"These cards are a playful way to help children let go of sticky and tricky thoughts, which builds emotional flexibility."



Activity Card 1 - Front

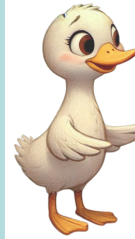
"Thank You, Mind!"



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Activity Card 1 - Back

"Thank You, Mind!"



Instructions:

- Write a thought on a small piece of paper.
- Crumple it gently.
- Toss it into a basket, letting it go and saying, "Thank You, Mind!"



Activity Card 2 - Front

Silly Voices



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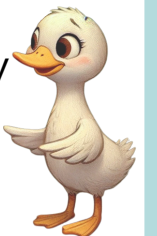
Activity Card 2 - Back

Silly Voices



Instructions:

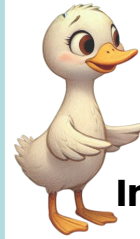
- Say your thought in a funny voice - a robot, a duck, or a wizard.
- Notice how it feels less sticky and maybe even funny!



Cloud Thoughts



Cloud Thoughts

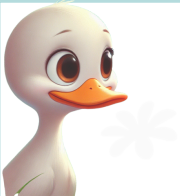


Instructions:

- Picture your thought as a cloud.
- What shape is it?
- Watch it float away from you into the blue sky.



Thought Train



Thought Train

Instructions:

- Imagine your thought is on a moving train.
- Wave goodbye as it leaves the station!





Reflection Question #1




"How did it feel to let
your thoughts go?"

Reflection Question #2




"What do you notice
about your body
after practicing?"



Reflection Question #3



"What other thoughts
can you imagine as
light leaves on a
stream or clouds in
the sky?"



Reflection Question #4



"How can you use this
activity next time you
feel stuck on a
thought or feeling?"

Blank Card 1 - Front

Create Your Own Defusion Skill



Instructions:

- Add or draw a sticky thought to the scene on the back of this card.
- Add some clouds, leaves, or friends.
- Then, let your sticky thought go!

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Blank Card 1 - Back



Blank Card 2 - Front

Create Your Own Defusion Skill



Instructions:

- Add or draw a sticky thought to the scene on the back of this card.
- Add some clouds, leaves, or friends.
- Then, let your sticky thought go!

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Blank Card 2 - Back



Defusion Card Set: “Light Leaf Thoughts”

Activity Objective:

This activity helps children learn defusion skills through fun and interactive exercises. Kids can practice noticing and letting go of their sticky and tricky thoughts and emotions through storytelling, matching, and role-playing, just like Delaney the Duck!

Adult Instructions:

1. Prepare the Cards:

- Print and cut out the cards.
- Sort the cards into **Activity Cards**, **Reflection Cards**, and **Blank Cards** (if applicable).

2. Introduce the Concept:

- Explain defusion to your child in simple terms: “Defusion means letting our sticky or tricky thoughts float away, like leaves on a stream!”

3. Using the cards:

- **Activity Cards:** Read the instructions on each card and guide your child through the exercise.
- **Reflection Cards:** Use these to discuss how your child felt after completing the activity.

Adult Instructions continued:

3. Using the cards continued:

- **Blank Cards:** Encourage your child to create their exercises. Be creative!

4. Encourage Participation:

- Let your child pick a card and guide the activity as much as possible.
- Praise any effort and creativity as they practice.

5. Review Together:

- After completing several cards, reflect on what they learned about thoughts and emotions.

6. Customize for Long-Term Use:

- Laminate the cards for durability.
- Use the card set regularly to reinforce the skills your child is learning.

Defusion Card Set: “Light Leaf Thoughts”

Variations for Using the Cards:

1. Storytelling Game:

- Shuffle the cards and ask your child to put them in a meaningful order to tell a story about letting go of thoughts.

2. Role-Playing Fun:

- Read a card aloud and act it out together.
- For example, pretend to watch a cloud float away when using the “Cloud Thoughts” card.
- Another example, pretend to use a robot voice with Delaney.

3. Creative Additions:

- Use the blank cards to draw new metaphors or help them write their personal experiences.

Encouragement for Adults:

Please be patient and supportive as your child and you learn these new skills. The activities are designed to be fun and engaging while teaching them important emotional tools for life.