



Self-as-Context Cards: Seeing the Bigger You

Tiny Tools for Perspective and Presence



Includes cards that help children:

-  Notice sticky thoughts and big feelings
-  Picture themselves as the pond or the sky (more than one moment at a time)
-  Find steady space to pause, reflect, and try again

Perfect for mindful moments, emotional pauses, therapy tools, or winding down together.



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Self-as-Context Cards: Seeing the Bigger You

Hi there, big-hearted learner! ❤️

Sometimes our thoughts and feelings feel so big — like they fill the whole sky or ripple through everything we do. But here's something important:

You are not just one feeling. You are not just one thought.

You are the space that holds it all.

These cards are here to help you pause, zoom out, and remember who you are — even when things feel wobbly.

How to Use These Cards:



Print them, cut them out, and keep them nearby — in a calm corner, backpack, or bedtime basket.



There's no one “right way” to use them. Just pick a card, read it aloud, and gently try the image or idea. You can even draw your own!



These are for anyone — kids, grown-ups, or both together. Some ideas might feel silly at first, but give them a try. They're here to help you feel steady and spacious inside.

You've got this — one breath, one ripple, one bigger you at a time. 🐿️

✨ Self-as-Context Cards: Ripple & Bowl

Card 1: Ripple Reminder

Awareness:

“This thought feels really big.”

Action:

“I’ll picture it like a ripple in a pond.”

Try Saying:

“That’s just a ripple — I’m the whole pond.”

Benefit:

This helps me pause instead of reacting fast — I can wait for the ripple to settle.



Card 2: Fish in the Bowl

Awareness:

“I feel something swimming around inside me.”

Action:

“I’ll imagine I’m the bowl — and the feeling is the fish.”

Try Saying:

“This feeling is swimming by. I can hold it gently.”

Benefit:

This helps me hold the feeling without being swept away. I can notice it, name it, and still be me.



✨ Self-as-Context Cards: Sky & Whisper

Card 3: Sky and Clouds

Awareness:

"My mind feels full — like a storm of thoughts is crowding me."

Action:

"I'll imagine I'm the whole sky, not just the clouds."

Try Saying:

"These clouds are passing. I'm still the sky."

Benefit:

This helps me notice all my thoughts without getting stuck inside any one of them.



Card 4: Sage's Whisper

Awareness:

"I just had the thought: 'I can't do this.'"

Action:

"I'll remind myself it's just a whisper — not the whole story."

Try Saying:

"That's a tough thought... and I'm more than that."

Benefit:

This helps me keep trying, even when my brain says stop. I can take a small step anyway.



“I Am the Pond”: A Ripple Practice

Instructions (kid-friendly):

1. You're the pond - write your name in the middle.
2. Each day, add a thought, feeling, or moment from your day in a new ripple line. Parents can help you write.
3. After writing or drawing, choose one of these mantras to say aloud:



“I am the whole pond, not just one ripple.”



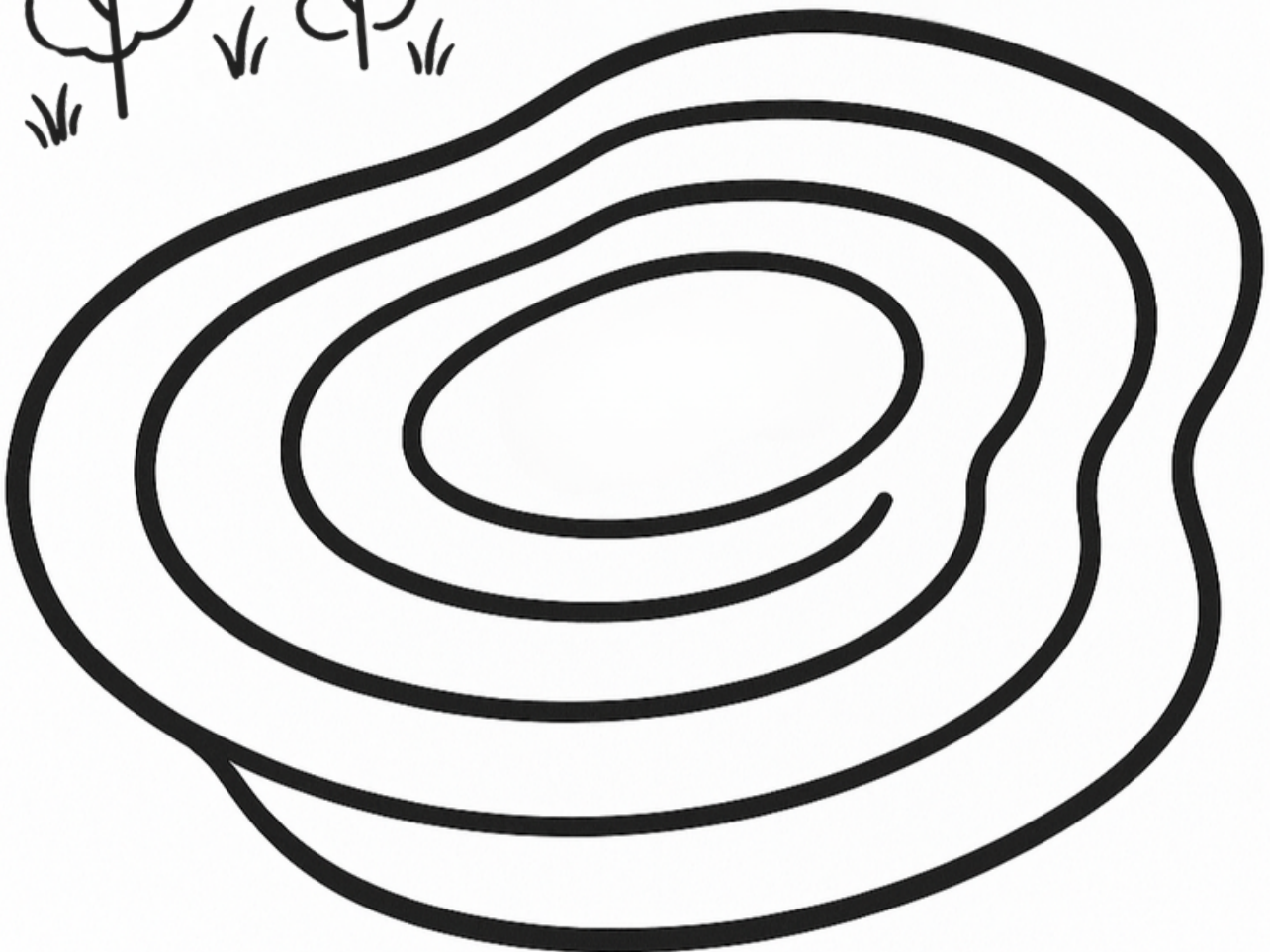
“I am the sky that holds all the clouds.”



“I am more than one thought or feeling.”



Benefit: This helps me see myself as bigger than one moment. The ripples can change every day, but I remain steady.





What Did You Notice This Week?

Instructions:

Take a moment to look at the cards you tried and the ripples you added to your pond. You can discuss, write, or draw your answers — or all three!

For Kids:

-  What was one ripple (thought or feeling) I added this week?
-  Which card helped me the most? What did I do after using it?
-  What helped me feel more like the whole pond again?

For Grown-Ups:

-  What patterns did we notice together this week?
-  How did using the pond or cards help your child pause, reflect, or try again?
-  What surprised you about their thoughts or your own?

 Want more room? Try drawing or writing on a blank page or notebook!



✨ You Are More Than One Moment

Some days will feel smooth like still water. Others might feel like waves or storms. That's okay.

You are not just one ripple.

You are the whole pond.

You are the sky that makes space for it all.

Keep using these cards whenever thoughts or feelings feel too big. Add new ripples to your pond. When you need a pause, try saying your favorite mantra.

Looking for more tiny tools?



Try our other free mini card sets — each one builds a different skill:



Mindfulness (with Micah the Macaw)



Defusion (with Delaney the Duck)



Self-Regulation (with Riley the Rhino)



Visit our Free Resources Page to download them all – www.mindfullivingresources.com



Subscribe to get new free tools every month!



Use the bonus coloring image on the next page whenever you want to pause, breathe, or reflect. You can even draw a new one every week!



Color Your Calm: “I Am the Pond”

A pond is calm, strong, and able to hold all kinds of ripples.



Color your pond below. Add ripples, fish, or clouds — anything that shows how your thoughts and feelings move around inside you.

Say or write your favorite mantra on the bottom:



“I am the whole pond.”



“These ripples will settle.”



“I can hold this feeling without becoming it.”



Continue Learning

Explore our growing library of free parenting tools.

-  Mindfulness with Micah the Macaw
-  Defusion with Delaney the Duck
-  Self-Regulation with Riley the Rhino
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-  Parenting encouragement
-  Early access to new Acceptance Acres™ resources
-  Practical emotional regulation tools

Growth happens one small moment at a time.