

Making Space: Acceptance Cards for Kids

Gentle ways to notice feelings and make space for all of them – even the tricky ones.



These cards help children practice making space for every feeling – sadness, excitement, anger, or worry – without pushing any of them away.

Each small moment of acceptance helps their hearts grow steady, brave, and kind.

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

"Even in the dark, small lights can guide the way."

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What does Acceptance mean?

Hi there, brave learners! 

Acceptance means making space for your feelings — even the ones you don't like. You don't have to fight them, fix them, or hide them.

You can notice them, breathe, and keep moving toward what matters.

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.

“All my feelings can fit inside me — and that's okay.”

- Avery the Armadillo

Let's Practice Acceptance

💔 Card 1: When I Feel Sad

Awareness:

"My chest feels heavy and my heart small."

Action:

"I'll hold this feeling gently — like a small stone."

Try Saying:

"It's okay to feel sad. It can stay for now."

Benefit:

This helps me care for my sadness instead of hiding it.



🔥 Card 2: When I Feel Angry

Awareness:

"My body feels hot and tight."

Action:

"I'll take one strong, slow breath."

Try Saying:

"I can have this heat and still choose calm."

Benefit:

This helps me pause before my storm gets louder.



Let's Practice Acceptance

🌙 Card 3: When I Feel Scared

Awareness:

"My tummy twists and my shoulders rise."

Action:

"I'll look for one light or sound that feels safe."

Try Saying:

"It's okay to feel scared – I'm not alone."

Benefit:

This helps me find steadiness while fear passes by.



☀️ Card 4: When I Feel Happy

Awareness:

"My body feels light and sparkly."

Action:

"I'll notice it fully – maybe share a smile."

Try Saying:

"I'm glad for this moment."

Benefit:

This helps me enjoy joy without rushing past it.



Let's Practice Acceptance

🙄 Card 5: When I Feel Embarrassed

Awareness:

"My cheeks feel warm and my chest tight."

Action:

"I'll take a breath and place a hand on my heart."

Try Saying:

"Everyone feels this sometimes — it will fade."

Benefit:

This helps me stay kind to myself when I blush.



☁ Card 6: When I Feel Worried

Awareness:

"My thoughts keep circling fast."

Action:

"I'll notice one sound or color around me."

Try Saying:

"These thoughts can move — I don't have to chase them."

Benefit:

This helps me come back to the present and breathe.



What Did I Notice?

Instructions:

Take a moment to look at the Acceptance Cards you tried this week.

Notice the feelings that showed up and how you made space for them.

You can discuss, write, or draw your answers — or all three!

For Kids:

-  Which feeling showed up most for me this week?
-  What helped me make space for that feeling instead of pushing it away?
-  What did I learn about myself when I stayed kind and steady?

For Grown-Ups:

-  What moments of acceptance did we notice together this week?
-  How did using the cards help your child pause, breathe, or soften toward their feelings?
-  What surprised you about how your child described or handled their emotions?

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



Mini Mantra:

“All feelings are welcome here — I can stay kind and steady.”

✨ You Are More Than One Feeling ✨

Some days will feel calm like soft light. Other days might feel stormy, heavy, or confusing — and that’s okay.

You are not just one feeling.

You are the space that holds them all.

You are the steady light that shines even when clouds drift by.

Keep using these cards whenever feelings feel too big or tangled. Each time you make space for a feeling, your heart grows a little braver and a little kinder.

Looking for more tiny tools?

-  Mindfulness — with Micah the Macaw
-  Defusion — with Delaney the Duck
-  Self-Regulation — with Riley the Rhino
-  Self-as-Context — with Sage the Squirrel

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

☀️ Subscribe to get new free tools every month.

 Use the bonus coloring page next to reflect, breathe, or draw what your “steady light” looks like.

Color Your Calm: “Making Space Inside”

A heart that practices acceptance is soft and strong — it can hold all kinds of feelings, even the tricky ones.

 **Color your scene below.**

Add gentle shapes or symbols for your feelings — a swirl for excitement, a cloud for worry, or a spark for joy. Let them all have room to belong.

Say or write your favorite mantra on the bottom:

 “All my feelings can have space.”

 “It’s okay to feel this.”

 “I can breathe and make room for it.”



A Note for Parents

This resource introduces your child to Acceptance, one of the six core skills in Acceptance and Commitment Therapy (ACT).

Acceptance helps children learn that all emotions — pleasant and unpleasant — can be noticed, named, and allowed to exist without judgment.

Tips for parents:

Use the cards as calm conversation starters, not fixes, during calm moments. This establishes a stronger foundation for you and your child to use later when emotions run hotter.

Model your own acceptance aloud (“I feel tired, but I can still take a deep breath and finish this meal.”).

Encourage your child to draw or write their own cards too.

Closing note:

“When we make space for every feeling, we make space for growth.”