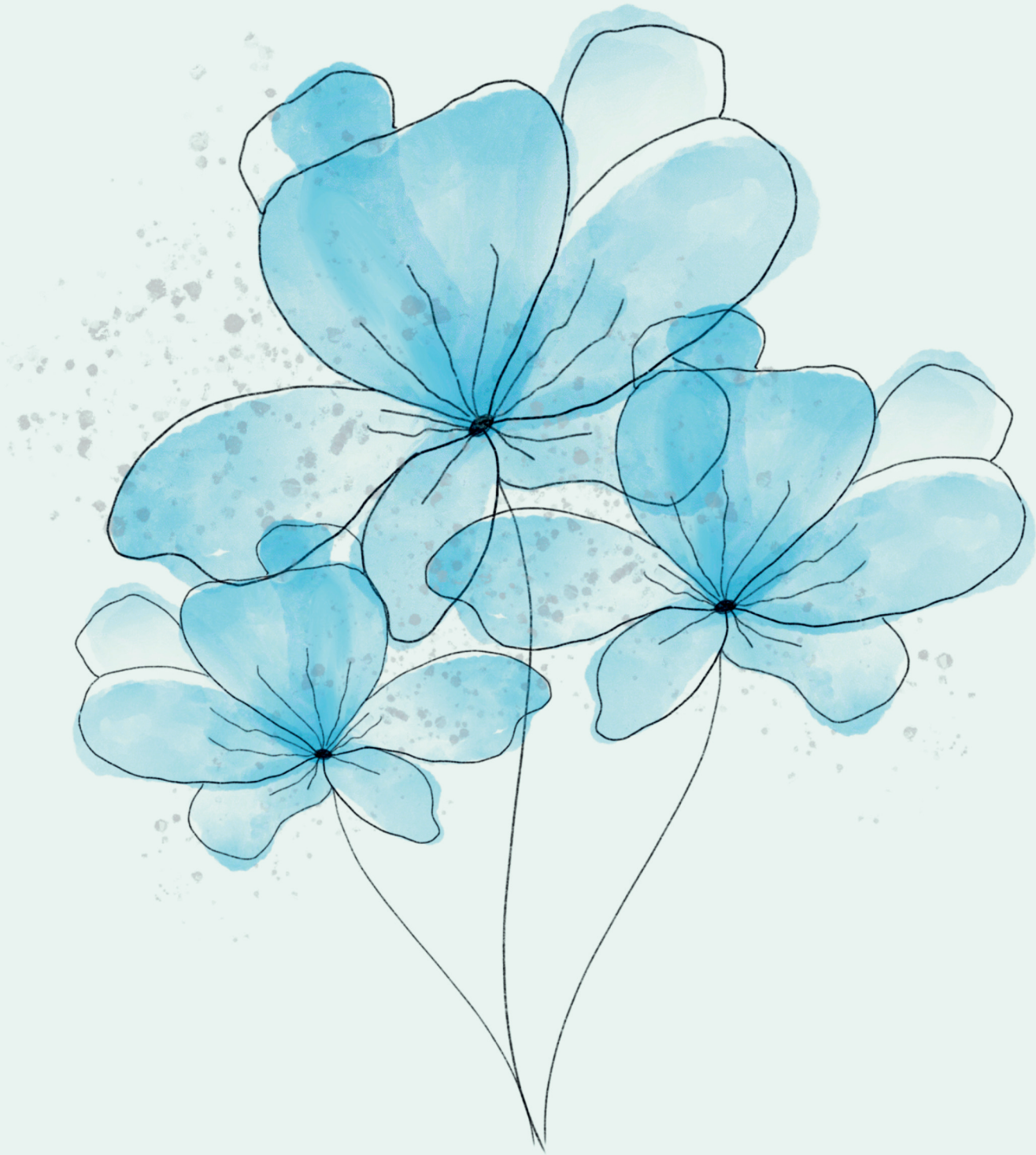
The background of the entire image is a light teal color with a marbled, watercolor-like texture. Scattered throughout this background are numerous small, irregular gold glitter specks and larger, more concentrated gold-colored areas, particularly towards the top and bottom edges, creating a decorative, bohemian feel.

# Mindful Moments Card Deck – Calm, Connection & Focus Tools for Kids



Set 1:

Calm & Breathing Cards





## **Smell the Flower, Blow the Bubble**

Pretend you're holding a flower.  
Take a slow breath in through your  
nose to smell it.

Now imagine you're blowing a big,  
shiny bubble – gently, so it doesn't  
pop!

Watch your bubble float away as you  
breathe out slowly and softly.

Keep going until you feel peaceful  
and light.





## **Hot Cocoa Breaths**

Imagine holding a warm mug of cocoa  
in your hands.

Breathe in the yummy smell through  
your nose.

Then blow out slowly to cool it down  
— not too hard!

Keep breathing like this to feel cozy  
and calm inside.







## **Belly Balloons**

Put your hands on your tummy.  
Take a slow breath in and feel your  
belly grow like a big balloon.

Now breathe out and feel it slowly  
shrink again.

Let your balloon rise and fall as you  
relax your whole body.





## **Rainbow Breaths**

Imagine a big, bright rainbow in front of you.

Take a slow breath in as you trace one color with your finger.

Breathe out gently as you trace the next color.

Keep going across the rainbow – one breath for each color – until you reach the end and feel calm and peaceful.

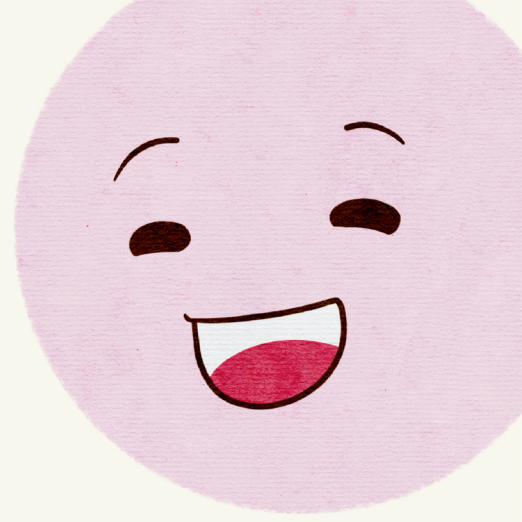




Set 2:

Emotion & Regulation

Cards



## **Name That Feeling**

Look at your face in a mirror or  
picture.

What feeling do you see right now?

Is it happy, calm, tired, or maybe  
unsure?

Every feeling is okay – it helps you  
understand your day.







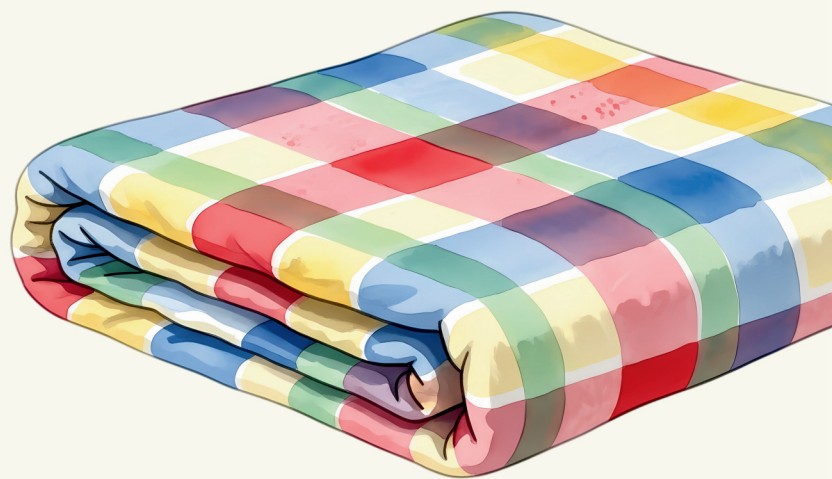
## **What Helps Me Feel Safe**

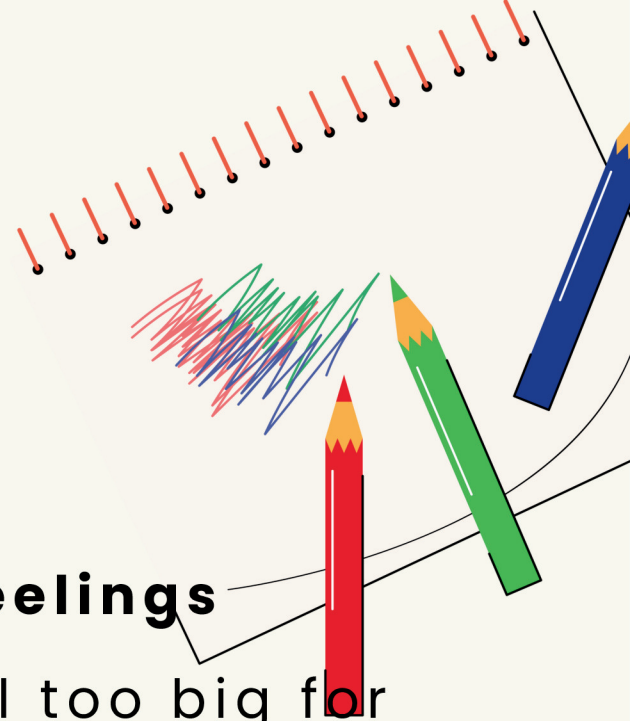
Think about what helps your body feel calm.

Maybe it's a hug, your cozy blanket, or quiet time with your pet.

When you feel wobbly inside, choose one of these helpers.

You can always come back to what makes you feel safe.





## **When I Feel Big Feelings**

When your feelings feel too big for  
your body — pause.

Take one slow breath in, and one out.

Then choose something kind to do:

Ask for help, draw a picture, or take a  
stretch.







Set 3:

Kindness &  
Connection Cards

## **I Am a Good Friend When...**

Think about how you can be kind  
today.

Maybe you share, listen, or smile at  
someone new.

Being a good friend makes hearts feel  
happy –  
yours and theirs too.





## **Today I Can Help By...**

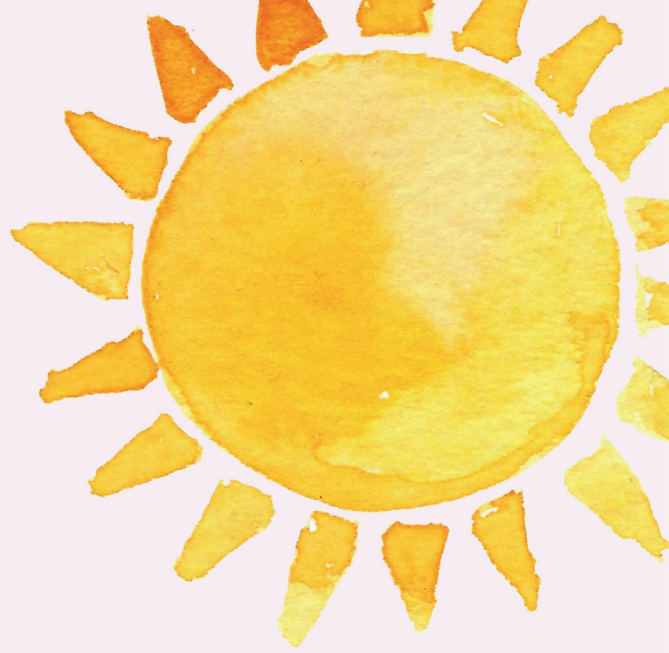
Look around – who or what needs your  
help?

Maybe it's tidying your toys, helping a  
friend,

or saying kind words to someone  
who's sad.

Small helps make big differences.





## **Kindness Challenge**

Try a mini kindness mission today!  
Say “thank you,” share something,  
or write a kind note for someone  
special.

Kindness spreads like sunshine –  
and you’re the start of it.

THANK  
YOU



Set 4:

Focus & Sensory

Cards





## **Texture Hunt**

Look around and find  
something soft, something  
smooth,  
something rough, and  
something squishy.

How do they feel in your  
hands?

Take your time noticing  
each one –

textures help your body  
feel calm and present.







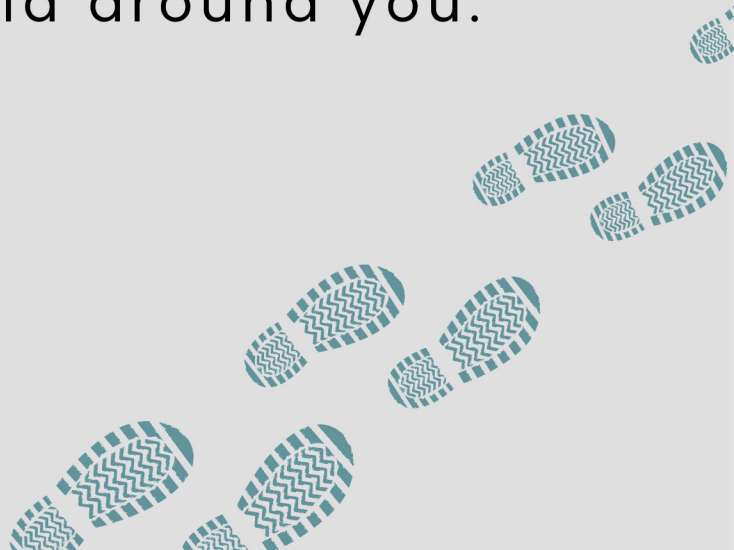
## **Quiet Game**

Can you listen closely?

Close your eyes and count how many sounds you can hear in 10 seconds.

Maybe you hear the wind, footsteps, or your own breathing.

Each sound helps you focus and notice the world around you.





## **Color Calm**

Pick a color – maybe blue, green, or yellow.

Now, look around and find three things in that color.

Take a breath each time you spot one.

Colors are everywhere – they remind you to slow down and look closely.



Set 5:

Mindful Movement &  
Body Awareness  
Cards





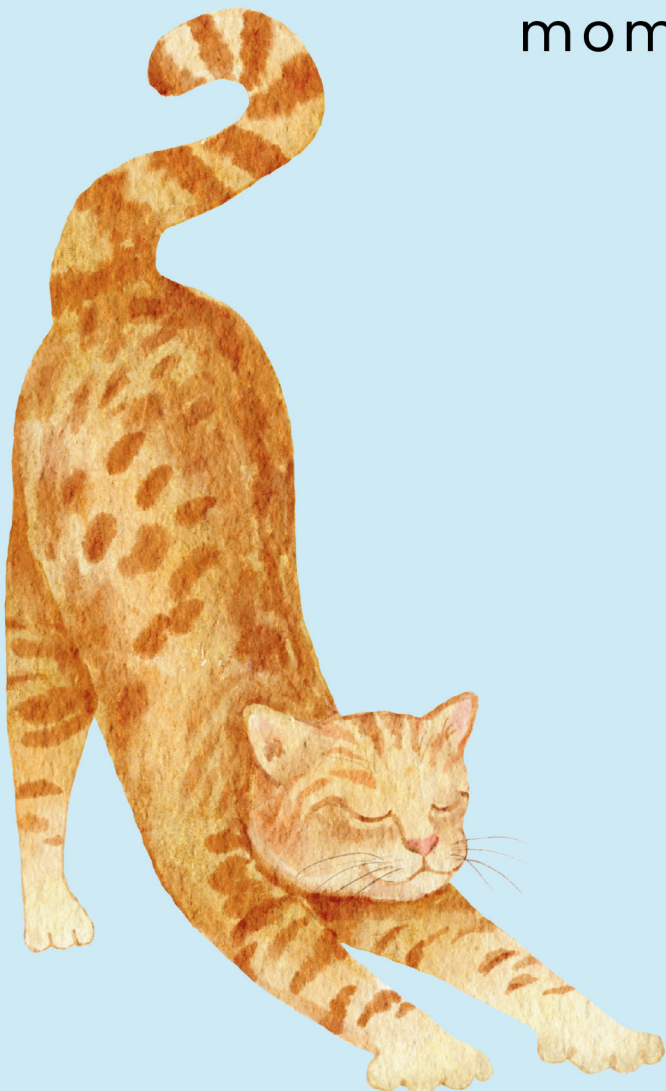
## **Stretch Like a Cat**

Reach your arms up high and stretch,  
just like a waking cat.

Take a deep breath in and let it out  
slowly.

Feel your arms, shoulders, and back  
relax.

Now curl up small – and rest for a  
moment.

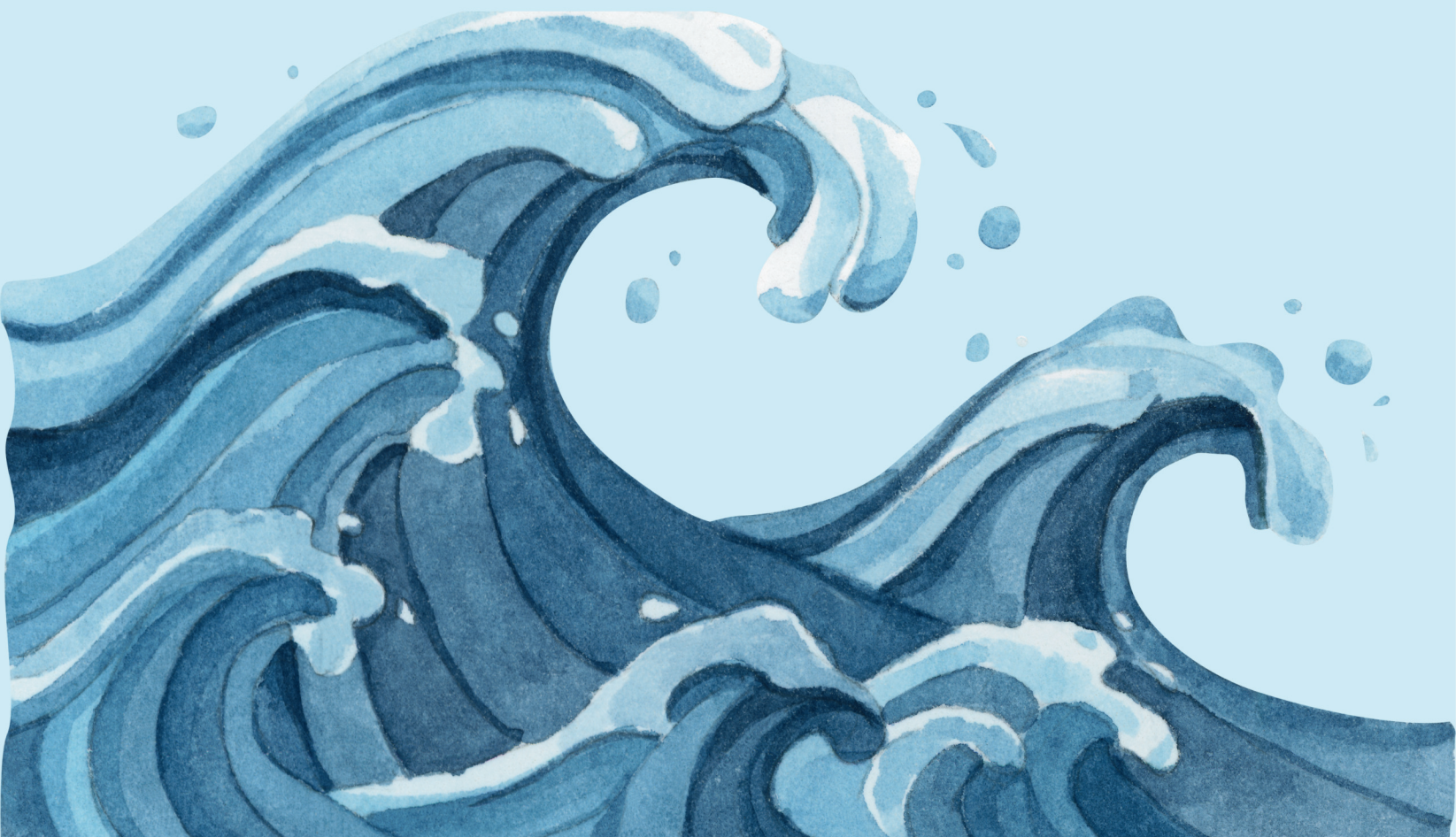


## **Wave Breathing**

Sit or stand tall and move your hand  
like a wave in the ocean.

Breathe in as the wave rises,  
and out as it falls.

Keep going — calm and steady like  
the sea.





**Stand tall like a tree.**

Place one foot on your  
other leg and balance.

Stretch your arms up  
like branches.

Take three slow  
breaths.

You are strong, steady,  
and growing.



## **Shake It Out!**

When your body feels full of energy,  
shake your hands, arms, and legs!

Wiggle your fingers, jump a little,  
then stop – take a breath –  
and feel the calm come back in.

Take three slow breaths.

You are strong, steady, and growing.





## How to Print & Use Your Mindful Moments Cards

Print on A4 paper or light cardstock for best results. You can choose “2 pages per sheet” in your printer settings if you’d like smaller cards.

Cut along the edges and keep them in a small box, envelope, or ring binder. Use one or two cards a day — at home, in class, or during calm-down time.

Each prompt encourages children to pause, breathe, and connect with their feelings in simple, gentle ways.

