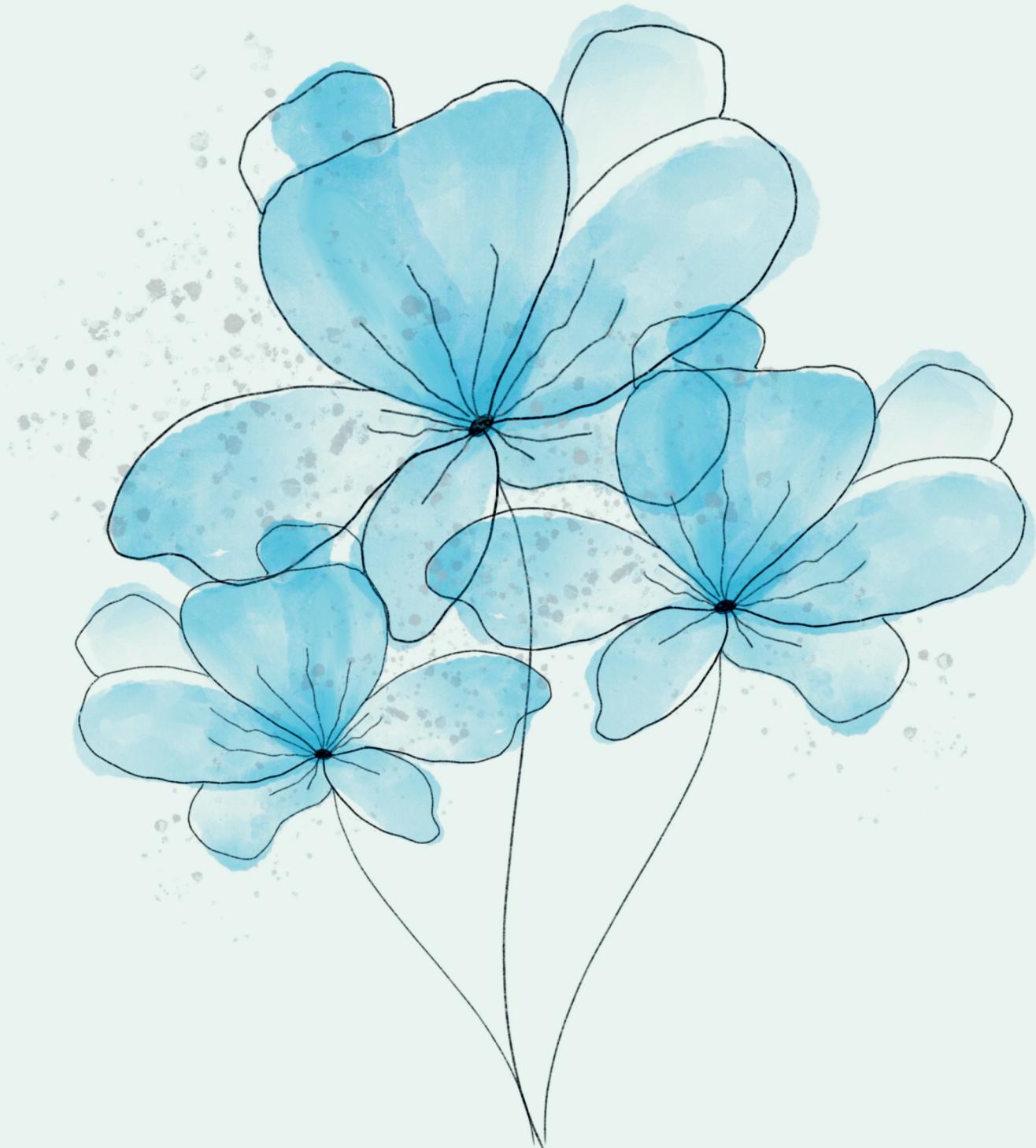




Mindful Moments
Card Deck –
Calm, Connection
& Focus Tools for
Kids



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.

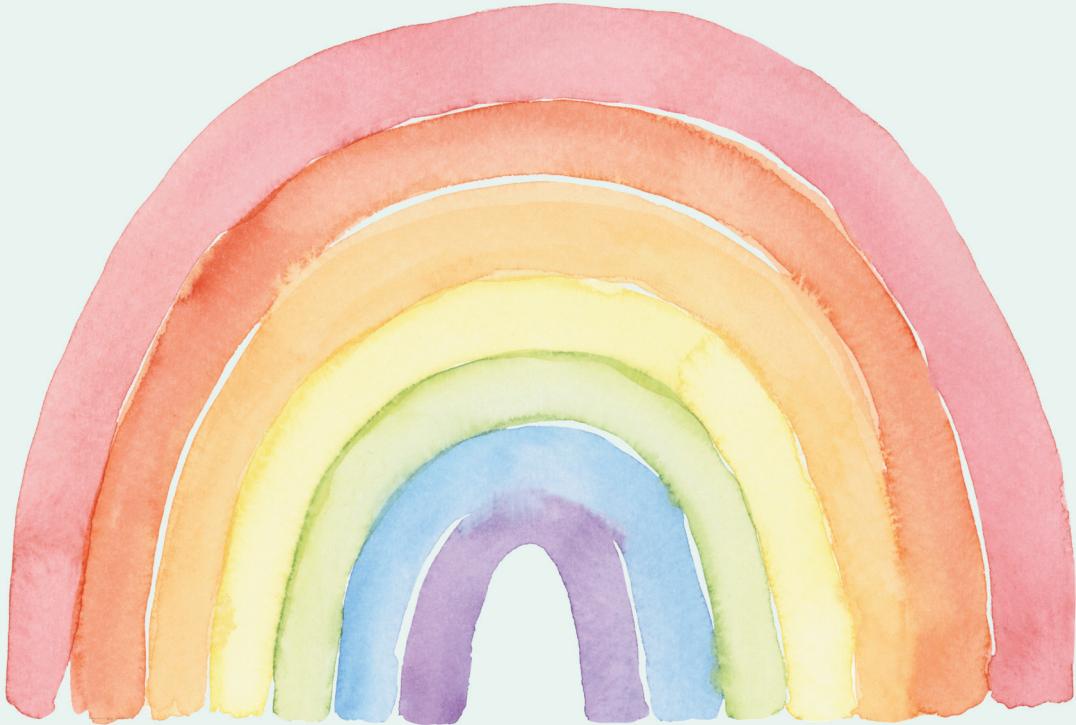




Belly Balloons

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.

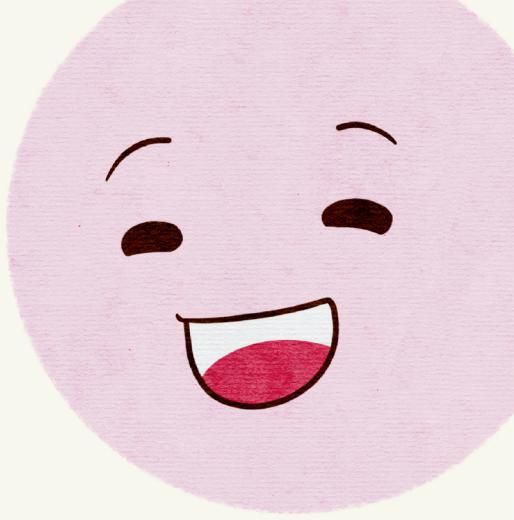
Take a slow breath in as you trace
one color with your finger.

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.

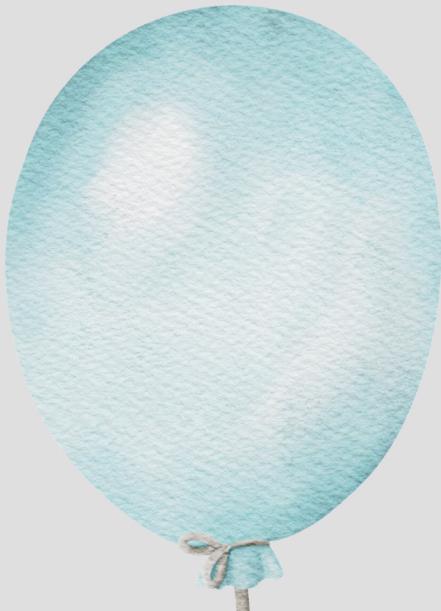
Kindness spreads like sunshine –
and you’re the start of it.

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



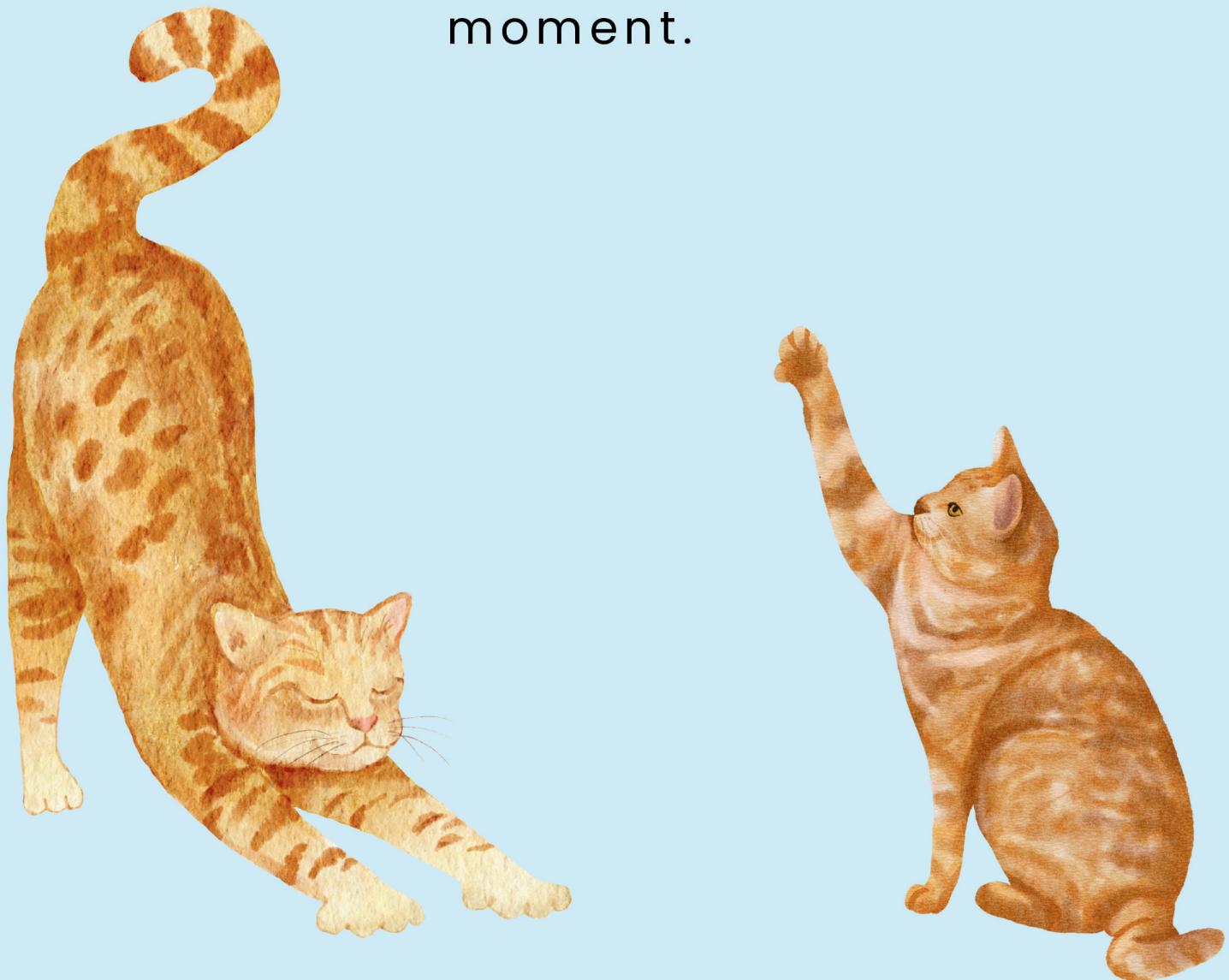
Stretch Like a Cat

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.

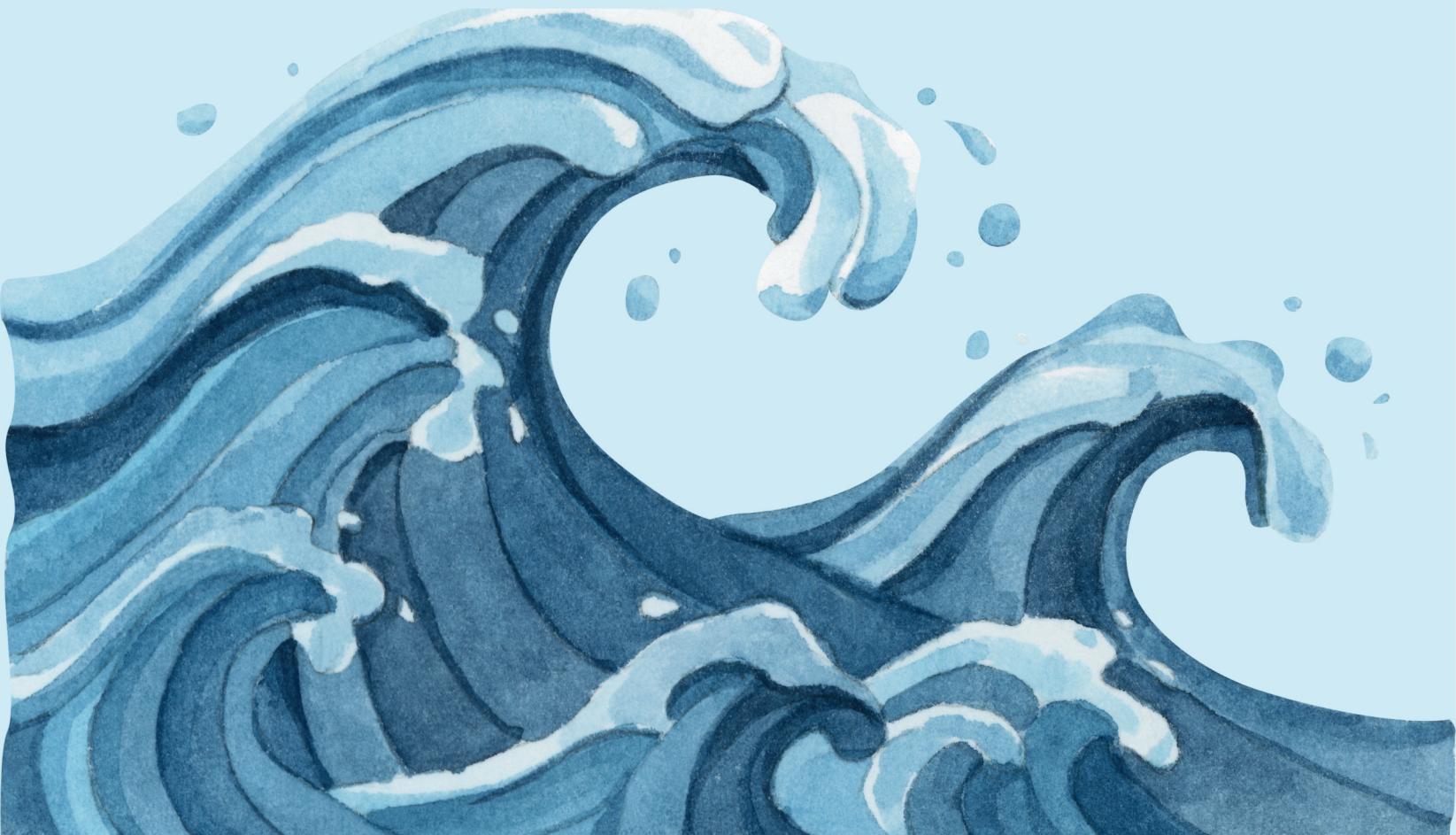


Wave Breathing

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.

