

MINDFUL GROWTH & EMOTIONAL RESILIENCE PACK

A COLLECTION OF GENTLE, PRINTABLE ACTIVITIES DESIGNED TO HELP CHILDREN DEVELOP CALM, CONFIDENCE, AND SELF-AWARENESS.

GROUNDING TECHNIQUE
FOCUS ON YOUR BREATHING
TAKE NICE DEEP BREATHS
AND COUNT TO 20

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

GROWTH MINDSET
CHANGE YOUR MINDSET. CHANGE YOUR LIFE.

INSTEAD OF THINKING...	TRY TALKING TO YOURSELF...
THIS IS TOO HARD FOR ME.	I'LL TRY IT ANYWAY.
I'M NOT GOOD AT THIS.	PERIODICALLY CHALLENGE YOURSELF.
I'M TOO SCARED TO TRY.	TRY IT ANYWAY.
I MADE A MISTAKE; I'M SO STUPID.	PERIODICALLY CHALLENGE YOURSELF.
I GIVE UP; IT'S TOO MUCH FOR ME.	TRY IT ANYWAY.
I'LL NEVER BE AS GOOD AS THEM.	PERIODICALLY CHALLENGE YOURSELF.

BELIEVE IN YOURSELF

Imagine you really want to try out for a sporting team, but doubts and fears start creeping in, making you question your skills. Let's explore the power of believing in yourself and discover what you can do to turn your dreams into reality!

Step 1: Acknowledge Your Feelings Write down your feelings and doubts about trying out for the sporting team:

Step 2: Challenge Your Doubts Now. Let's challenge those doubts and replace statements with empowering thoughts. Use the space below to write positive statements to counter your doubts:

Step 3: Set Goals Setting clear goals can keep you focused and motivated. Write down your sporting dreams and a specific goal you want to achieve:

Step 4: The biggest step toward achieving your dreams is taking action. What action can you take right now to work towards your goals?

"A GENTLE PACK OF EMOTIONAL LEARNING PRINTABLES TO HELP CHILDREN GROW WITH CALM AND CONFIDENCE."



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COMMUNICATION QUIZ

MATCH THE STATEMENT WITH THE COMMUNICATION STYLE

ASSERTIVE

AGGRESSIVE

PASSIVE

"I FEEL SAD WHEN YOU DON'T INCLUDE ME IN YOUR GAMES."

"COULD YOU PLEASE PASS ME THE CRAYONS?"

"I HATE YOU! YOU'RE THE WORST!"

"I'M NOT SURE I UNDERSTAND THE MATH PROBLEM. CAN YOU EXPLAIN IT TO ME AGAIN?"

"IT'S OKAY. I'LL DO WHATEVER YOU WANT."

"I DON'T LIKE PLAYING WITH YOU ANYMORE".

ASSERTIVE

AGGRESSIVE

PASSIVE

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I GIVE UP; IT'S
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TRY THIS

I'LL KEEP
TRYING

WITH
PRACTICE, I
CAN IMPROVE



POSITIVE GROWTH MINDSET

Returning to school after being away can feel overwhelming, but remember, challenges are opportunities for growth! Let's practice cultivating a positive growth mindset to help us overcome any negative thoughts and turn them into empowering beliefs.



Now, let's challenge those negative thoughts and reframe them into positive growth mindset statements. Use the space below to write empowering beliefs to replace the negative thoughts:

Remember, learning is a journey, not a race! Everyone learns at their own pace, and it's okay to take your time. Learning is about progress, not perfection. Write down one thing you can do each day to make progress in your learning:

DAY 1: _____

DAY 2: _____

DAY 3: _____

DAY 4: _____

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BUILDING YOUR SPACE CREW

HAVING PEOPLE IN YOUR LIFE TO SHARE YOUR FEELINGS WITH IS LIKE HAVING A CREW THAT SUPPORTS YOU, JUST LIKE ASTRONAUTS IN SPACE! LET'S EXPLORE THE IMPORTANCE OF EMOTIONAL SUPPORT AND IMAGINE WHO YOU WOULD FEEL COMFORTABLE TAKING WITH YOU IF YOU WENT TO SPACE.

SECOND CREW MEMBER:

FIRST CREW MEMBER:

THIRD CREW MEMBER:

EXPLAIN WHY YOU CHOSE THESE SPECIFIC PEOPLE TO BE A PART OF YOUR SPACE CREW

WRITE DOWN ONE OR MORE WAYS YOU CAN COMMUNICATE WITH YOUR SPACE CREW ABOUT YOUR FEELINGS, EVEN IF YOU'RE LIGHT-YEARS AWAY:

- Write letters or emails to them from space?
- Use video to share your experiences?
- Imagine conversations with them during your mission?

CHANGING SEASONS

In this activity, we will explore the four seasons of the year and appreciate the unique beauty and changes that each one brings. Take a creative journey through nature's transformation as we draw pictures to showcase the distinct characteristics of each season.

Please note of the significant changes and differences that you observe in each season

SUMMER

AUTUMN

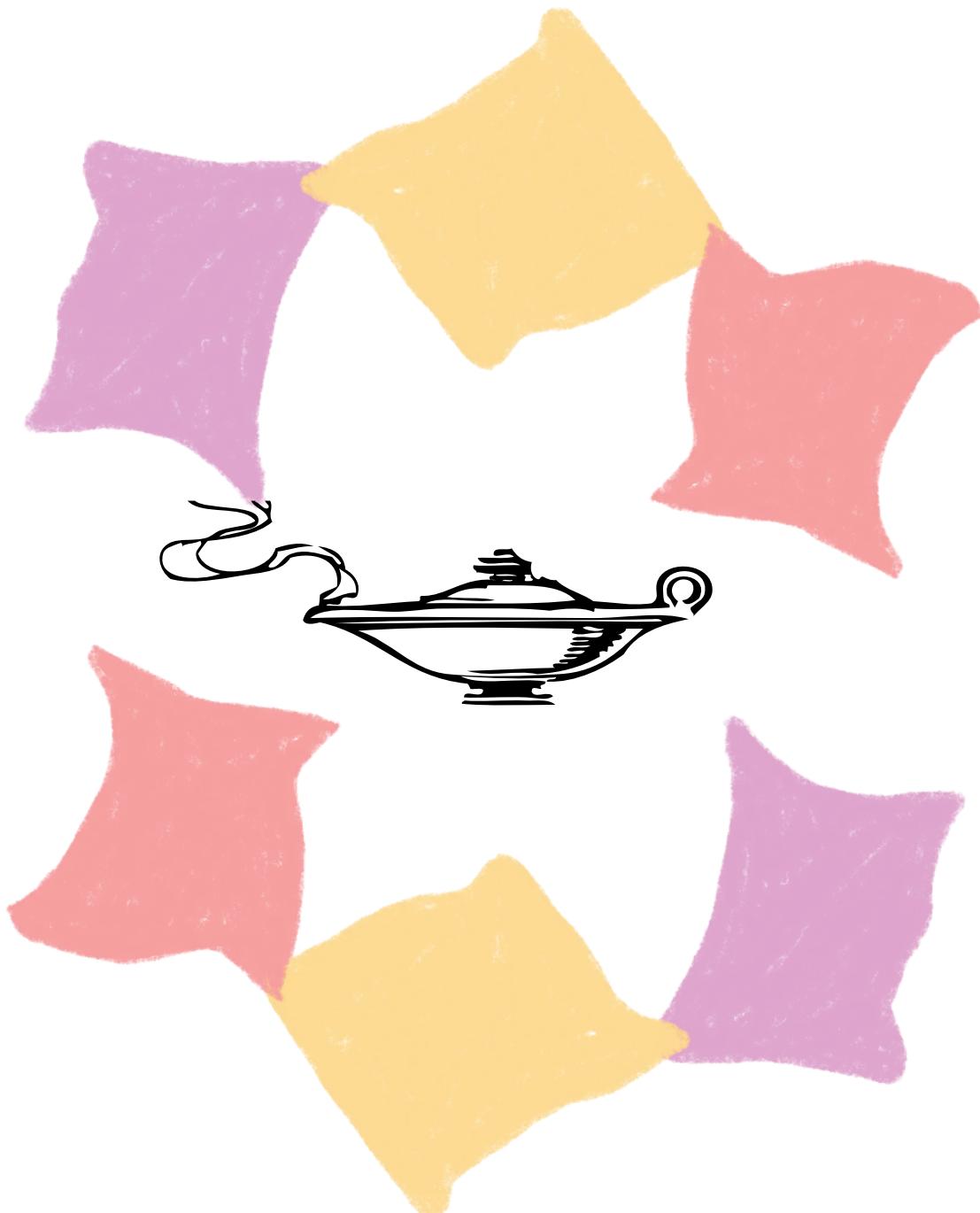
WINTER

SPRING

YOUR GENIE WISH

WHEN YOU THINK ABOUT YOUR FUTURE, WHAT ARE
YOUR HOPES OR WISHES?

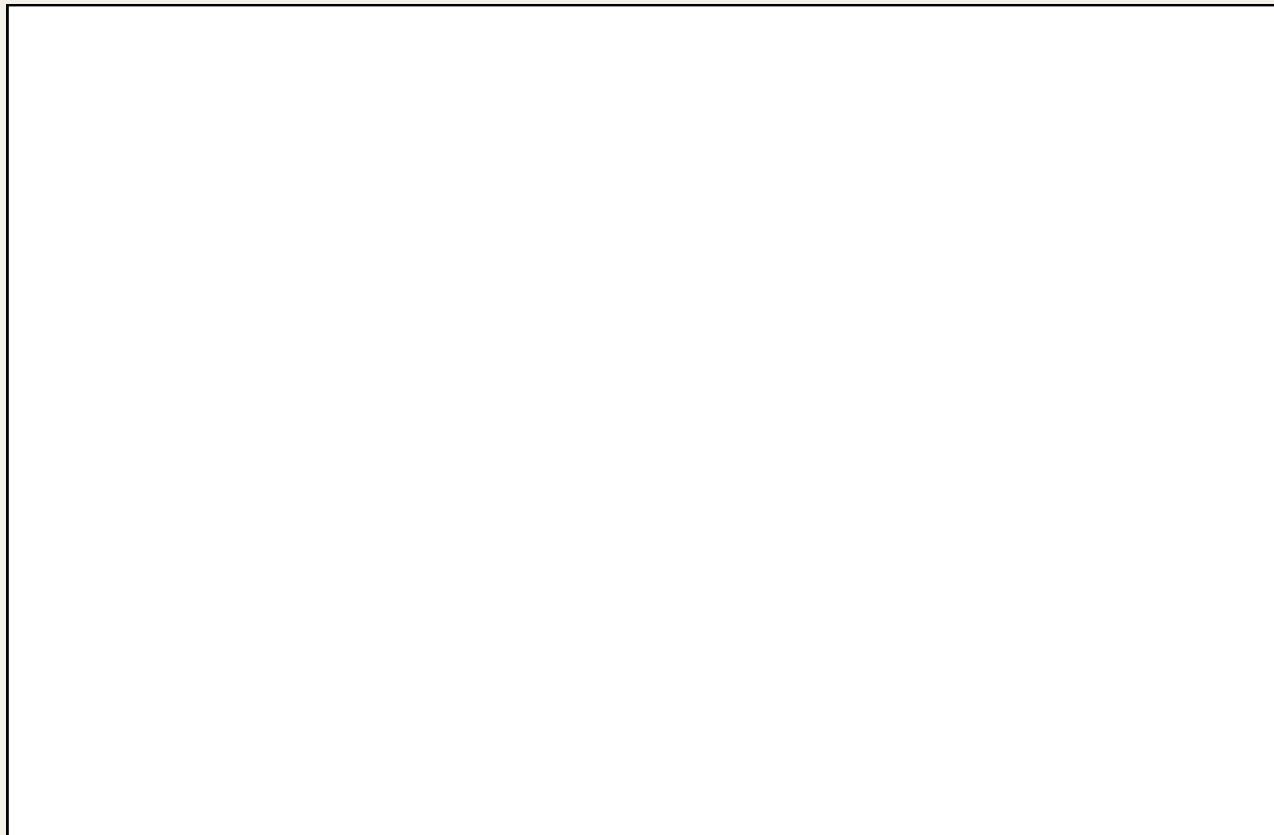
WRITE THEM DOWN ON THE GENIE CLOTHS.



WAYS TO HELP ME COPE WITH MY PARENTS SEPARATION

GOING THROUGH YOUR PARENTS' SEPARATION CAN BE CHALLENGING, BUT REMEMBER, YOU ARE NOT ALONE, AND THERE ARE WAYS TO HELP YOU COPE WITH YOUR FEELINGS. LET'S EXPLORE SOME POSITIVE STRATEGIES AND ACTIVITIES THAT CAN SUPPORT YOU DURING THIS TIME.

Step 1: Feelings and Emotions Draw or write about the different emotions you might be experiencing since your parents' separation.



Step 2: Talking About It Sharing your feelings with someone you trust can make you feel better. Write down the names of people you feel comfortable talking to:

- Family Member
- Friend
- Teacher/Counselor
- Other (Specify): _____

Step 3: Creative Expression Engage in a creative activity that helps you express your emotions. Choose one or more options below:

- Draw or paint your feelings on paper.
- Write a story or journal about your experiences.
- Create a collage that represents how you feel.

Step 4: Staying Active and Healthy Physical activities can help you release stress and feel more positive. Circle activities you enjoy or want to try:

- Playing sports
- Dancing
- Yoga or stretching exercises
- Bike riding
- Other (Specify): _____

Step 5: Remembering the Positives Write down three positive things that happened today, no matter how small:

1. _____
2. _____
3. _____

Step 6: Focus on What You Can Control Circle the things you can control during this time of change:

- How I react to situations
- Taking care of myself
- My attitude and thoughts
- Being kind to myself and others
- Other (Specify): _____

Remember, it's okay to feel a mix of emotions during your parents' separation. By expressing your feelings, talking to someone you trust, engaging in creative activities, and staying active, you are taking positive steps to cope with this change. Focus on what you can control and be kind to yourself as you navigate through this journey. You are strong and resilient, and with time, things will get better. Reach out for support when you need it, and remember that you are not alone.