

Mindful May

Get Creative

Art and Music can have a positive impact on managing emotions and reducing stress. Try one of the following ideas to creatively express yourself:

Write a short story or graphic novel

Compose Music

Write a poem or rap

Choreograph a dance

Singing

Painting

Drawing, Sketching or Doodling



Create a Playlist

Create playlists for specific moods. First figure out what you are currently feeling. Then ask yourself what you would like to be feeling and thinking instead.

Make multiple playlists for whatever you would like to feel and name them accordingly.

Example:

If you are feeling sad, make a playlist to make you smile.

If you feel helpless, make a playlist to make you feel strong.

If you feel like you have no energy, make a playlist that motivates you.



This is How I Look When I AM

Draw a series of circles

Talk about how you might look when you feel a certain way.

Draw a picture of yourself when you feel ...

Angry, Happy, Sad, Excited, Surprised, Worried ...

You can post this in the house and use it to discuss emotions.



Belly Breathing

1. Bring in a small stuffed toy
2. Lay on your back and place the toy or object on top of your belly buttons.
3. Watch the object as it moves up and down with your inhale and exhale.
4. Focus on your breath and the rise and fall of your breathing buddy!
5. You can also play some relaxing music while belly breathing.



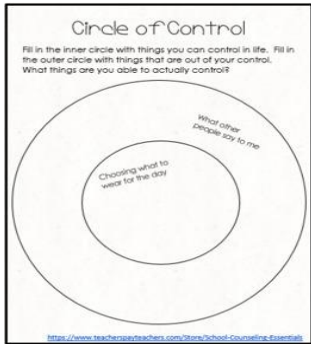
Shark Fin

1. Place the side of your hand on your forehead, with your palm facing out to the side.
2. Close your eyes.
3. Slide your hand down your face, in front of your nose.
4. Say "shhh" as you slide your hand down your face
5. If you are sitting down, you do the 5 S's while you move your hand: Sit up straight, sit still, sit silently, soft breathing, shut eyes.
6. If you are standing do the same but you are standing straight, still, silently, using soft breathing and shut eyes while you move your hand down your face.



Circle of Control

In the inner circle, write the things you can control. In the outer circle, write the things you can't control. Observe what you are actually able to control and plan ways you can help manage what is in your control.



Triangle Breathing

Start at the bottom left of the triangle.

Follow the sides around the whole triangle to complete one deep breath.

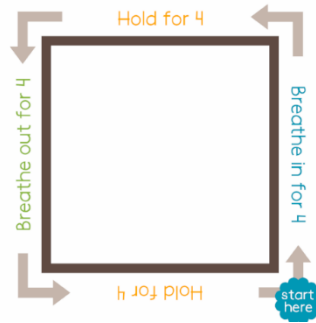
Breathe in for 3 seconds, hold for 3 seconds and breathe out for 3 seconds.



Square Breathing

Start at the bottom right of the square and follow the arrows around the square to complete one deep breath.

Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds.



Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you have gone around the whole star.



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



Take a Mental Vacation

Your imagination is a powerful tool you can use to help relax you wherever you are. Think about using your mind as a mini vacation.

Where would you like to go on your mini vacation?
A beach with the ocean, waves, and sun?

Do you love being in the woods, hearing the birds and seeing the plants and trees around you?

How about a quiet farm with animals to care for and gardens to wander through?

Take a few minutes and imagine a place that would relax you. Use all your senses to take you on a mini vacation wherever you are



I AM AWESOME

Write or draw positive things about yourself! There are so many things that are wonderful about who you are! It is a great habit to be able to identify what they are 😊



Create your own Calm Space

Try setting up a space somewhere in your home that is soothing and calming.

This can be your room or a

corner or another room that you can make calm and cozy for yourself.

Things you could have in your space include comfy blankets, pillows, stuffed animals, music, books, and

any of your favorite things.

You could keep your things

in a container or bag and take them out as needed



Zones Tool Worksheet

Create a sheet where it has a column for the Name of the Tool you use and then a column where you can circle the zone/zones this tool could help in (Blue, Green, Yellow, Red or None). This information can be discussed in a Morning Check In.

ZONES Tools Worksheet	
Name of Tool	Circle the zone or zones you think the tool would help in.
rice bin	Blue Green Yellow Red None
putty	Blue Green Yellow Red None
cushion	Blue Green Yellow Red None
fidget ball	Blue Green Yellow Red None
headphones	Blue Green Yellow Red None
sit on ball	Blue Green Yellow Red None
weighted vest	Blue Green Yellow Red None
rub back	Blue Green Yellow Red None

Source: More information: "The Zones of Regulation" [K-2](#) [3-5](#)
The Zones of Regulation [middle](#)

Mindful Day at Home

Plan a Mindful Day at Home. You can organize an hour, a morning, afternoon or full day of Mindful Activities for you or your whole family!

Examples:

- Start with a morning check in – how are you feeling?
- Plan a Dance Party or Yoga class.
- Journal Writing
- Creating a Mindful Playlist to listen to throughout the day
- Try a guided meditation
- Try Building Each other up by completing the I AM AWESOME or WHY YOU ARE AWESOME sheet.
- Practice Gratitude together – examples of why you are grateful for one another.



Snail Mail

Write an old fashion letter to a person who you miss. In this letter tell the person why you are grateful for them! You could also request they write a letter back!

OR

Mail a Hug

Send a
HUG By Mail



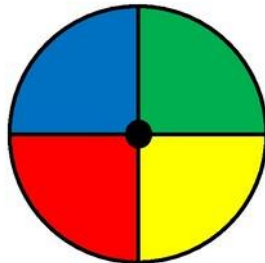
Spin a Zone Game

Instructions:

- Make a Spinner using a paper clip or a fidget spinner.
- Spin the object
- List a feeling for that zone
- List a tool you would use in that zone

**Zones of Regulation
Spin - a - Zone!**

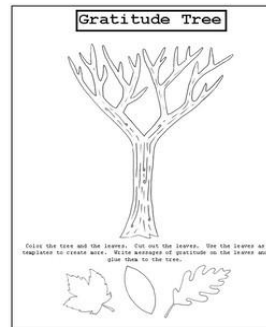
Directions: Make a spinner by using a paperclip and a pencil. Place your pencil sharpener on the dot in the middle of the circle. Then spin the paperclip. Once the spinner is done spinning name an emotion that belongs in that zone!



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Gratitude Tree or Jar

Create a Gratitude Tree or Jar and write down what you are grateful for each day on one of these platforms.



gratitude jar

What are you grateful for? Write or draw them!



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YOGA

Listen to Kira Willey's Shimmy!

Be a Yoga Pen pal with Mrs. Morrison! Take a photo and send it to me and challenge me to one!

Invent a New Yoga Pose

Try Flow on Go Noodle!!

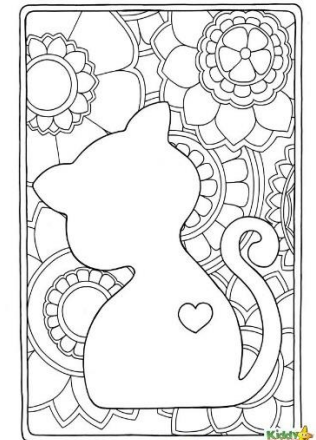
Take Yoga Breaks throughout the day to help you feel re-energized.

Try a Partner Pose



Mindful Coloring

Grab a coloring book or print off a picture and take some time to focus on staying in the lines, choosing specific colors that brighten your mood and shift your thoughts to coloring instead of what is bothering you.



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