

Colour Breathing

Breathe in your favourite colour. Breathe out a colour that feels like stress.

Repeat slowly.

Mindful Touch

Hold an object (stone, toy, pencil). Close your eyes.

Notice how it feels in your hand.

Shoulder Roll

Gently roll your shoulders forwards 5 times, then backwards 5 times. Breathe slowly as you move.

Mindfulness Activity Cards for Children

www.AnxietyHelpBox.com

FREE DOWNLOAD

Kind Wishes

Think of someone you care about. Silently say, "I hope you have a good day."

Mirror Faces

Look in a mirror and make a happy face, a sad face, a silly face. Notice how each one feels.

Listen Up

Close your eyes. What sounds can you hear? Try to name three different ones.

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Quiet Counting

Close your eyes and count your breaths to 10. Start again if you forget where you were.

Mindful Walking

Walk across the room very slowly. Feel your feet on the floor. Try not to rush.

Senses Search

Look around and name:
3 things you can see
2 things you can hear
1 thing you can feel

Balloon Belly

Pretend your tummy is a balloon. Breathe in to fill it. Breathe out to let the air go.

Mirror Faces

Look in a mirror and make a happy face, a sad face, a silly face. Notice how each one feels.

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Close your eyes. What sounds can you hear? Try to name three different ones.

Worry Release

Think of a worry. Now imagine it floating away like a leaf on water.

Star Tracing

Draw a star in the air with your finger. Breathe in on one line, breathe out on the next.

Kind to Yourself

Silently say something nice to yourself: "I am brave," "I am kind," or "I am learning."

Body Wiggle

Stand up and shake your arms, legs, hands and feet. Then stand still. How do you feel?

Focus Look

Pick something in the room. Look at it closely for one minute. What do you notice?

Tense and Relax

Tense all your muscles tightly. Hold... then let go and relax. How does your body feel now?

Gratitude List

Think of two things you are thankful for today. Say them out loud or write them down.

Body Wiggle

Stand up and shake your arms, legs, hands and feet. Then stand still. How do you feel?

Focus Look

Pick something in the room. Look at it closely for one minute. What do you notice?

Mindful Snack

Take a small bite of food. Chew slowly. What does it taste and feel like?

Weather Feelings

If your feeling was weather,
what would it be today?
Sunny? Stormy? Cloudy?

One-Minute Drawing

Draw a picture of how you
feel right now. Use colours to
show the mood.

Noticing Nature

Look outside or at a plant.
Notice the colours, shapes, and
textures for one minute.

Imaginary Walk

Close your eyes. Imagine
walking through a forest or
on a beach. What do you see
and hear?

Say and Stretch

As you stretch your arms up, say "I grow strong." As you stretch out wide, say "I share kindness."

Heartbeat Count

Place a hand on your chest. Feel your heartbeat and count how many beats in one minute.

One-Minute Smile

Smile gently and sit still for one minute. Notice how your body feels.

Mindful Music

Listen to a piece of music. What instruments or sounds can you hear?

Breathe with Shapes

Trace a square in the air. Breathe in for one side, hold for the next, out for the third, and rest on the last.

Helpful Hands

Look at your hands. Think of one helpful thing you did today. Think of one thing you could do tomorrow.

Body Scan

Close your eyes. Notice your toes, legs, tummy, arms, and face. Where do you feel calm or tense?

Imagine Calm

Picture your calm place—maybe a cosy bed, quiet garden, or warm bath. Sit in that space in your mind.

Animal Pause

Pretend to be a sleepy cat. Stretch slowly and then curl into a ball. Stay still and calm for a moment.

Mindful Blinking

Sit still and blink very slowly 10 times. Notice how your eyes feel when you open and close them gently.

Name That Feeling

Close your eyes. Ask yourself: "How am I feeling right now?" Try to name your feeling like you would name a colour.

Leaf on Water

Imagine a leaf floating on a stream. Each time you have a thought, place it on a leaf and watch it drift away.

Hold a Smile

Smile gently and hold it for one minute. Try to feel the smile inside you too.

Feelings Colour Wheel

Draw a circle. Colour it in to show how you feel right now. Use different colours for different feelings.

Gratitude List

Write down as many things as you can think of that make you feel thankful.

Worry Monster

Draw a friendly monster. Give it one of your worries to hold for you.

Kindness Notes

Write a kind sentence to yourself and a kind sentence to someone else.

Your Calm Place

Imagine a place where you feel calm and safe. Draw what it looks like.

My Heart Map

Draw a big heart. Inside it, draw or write people, pets, or places you love.

Positive Word Cloud

Fill a space with words that make you feel good—like 'peace', 'fun', 'kind', 'brave', or 'safe'.

Kind Words to Me

Write a short note to yourself using kind words you would say to a friend.

Draw the Sound

Listen carefully to a soft sound or short piece of music. Draw what it makes you imagine.

Write a Wish

Write a "recipe" for calm.
What would you include?
(e.g. 1 cup of deep breaths,
2 spoonfuls of hugs)

Write What You See

Pick one object near you.
Write a few words about
what it looks, feels,
or smells like.

SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM

