

Mindfulness Activity Cards

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DESCRIPTION:

The mindfulness activity card set is a visual tool that uses pictures to help children to practice mindfulness in a fun way. Mindful breathing helps children to be aware of how their mind and body connects and to help them relax. These cards are great to help children develop mindfulness and self-regulation skills.

- Each activity cards are approximately the following size:
 - 13.5 inches width and 18.5 inches height
- 8 mindfulness activity cards

INSTRUCTIONS:

Print, cut, and enjoy!

*To ensure the durability of the visual tool, you can print on hard paper (cardstock), place in card-size sheet protector, and/or laminate.



Mindfulness

Activity Cards



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Rainbow Breath



1. Trace each color with your finger.
2. As you trace up, breathe in.
3. As you trace down, breathe out.

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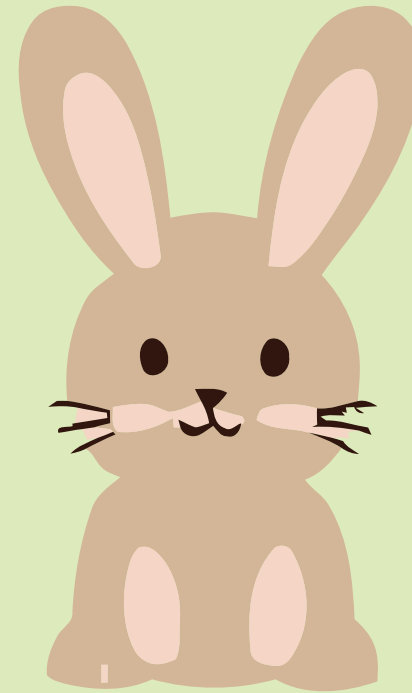
Bear Breath



1. Breathe in to a count of 1, 2, 3, 4,
2. Hold breath for a count of 1, 2, 3, 4.
3. Breathe out to a count of 1, 2, 3, 4,
4. Hold breath for a count of 1, 2, 3, 4.

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Bunny Breath



1. Breathe in three quick sniffs.
2. Let your breath out slowly out the mouth.
3. Repeat three times.

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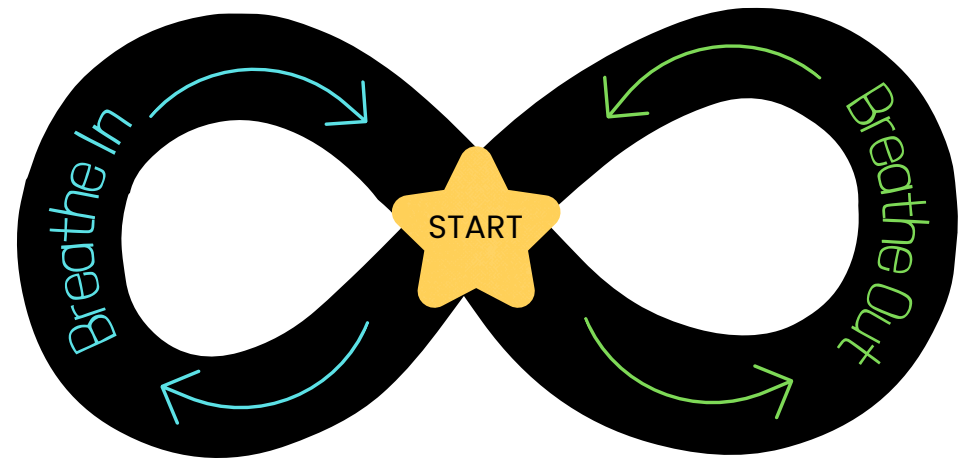
Hot Air Balloon Breath



1. Put your hands on top of your head.
2. Breathe in slowly and raise your hands above your head like you are blowing up a big balloon.
3. Exhale slowly, bringing your hands down on your head.
4. Repeat three times.

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Lazy Eight Breath



1. Put your finger on the star.
2. Start tracing the LEFT part of the 8 as you breath in.
3. When you pass the middle, breathe out as you trace the RIGHT part of the 8.
4. Repeat three times.

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Bubble Breath



1. Breathe in slowly.
2. Let your breathe out nice and slow, you don't want to pop the bubbles!
3. Repeat three times.

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Dragon Breath



1. Take a deep breath in.
2. Breathe out while sticking out your tongue like a dragon breathing fire!
3. Repeat three times.

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