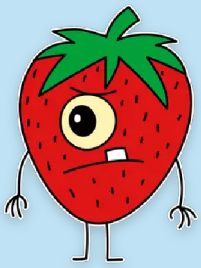
SEL · MINDFULNESS AND CALMING · GRADES K–5

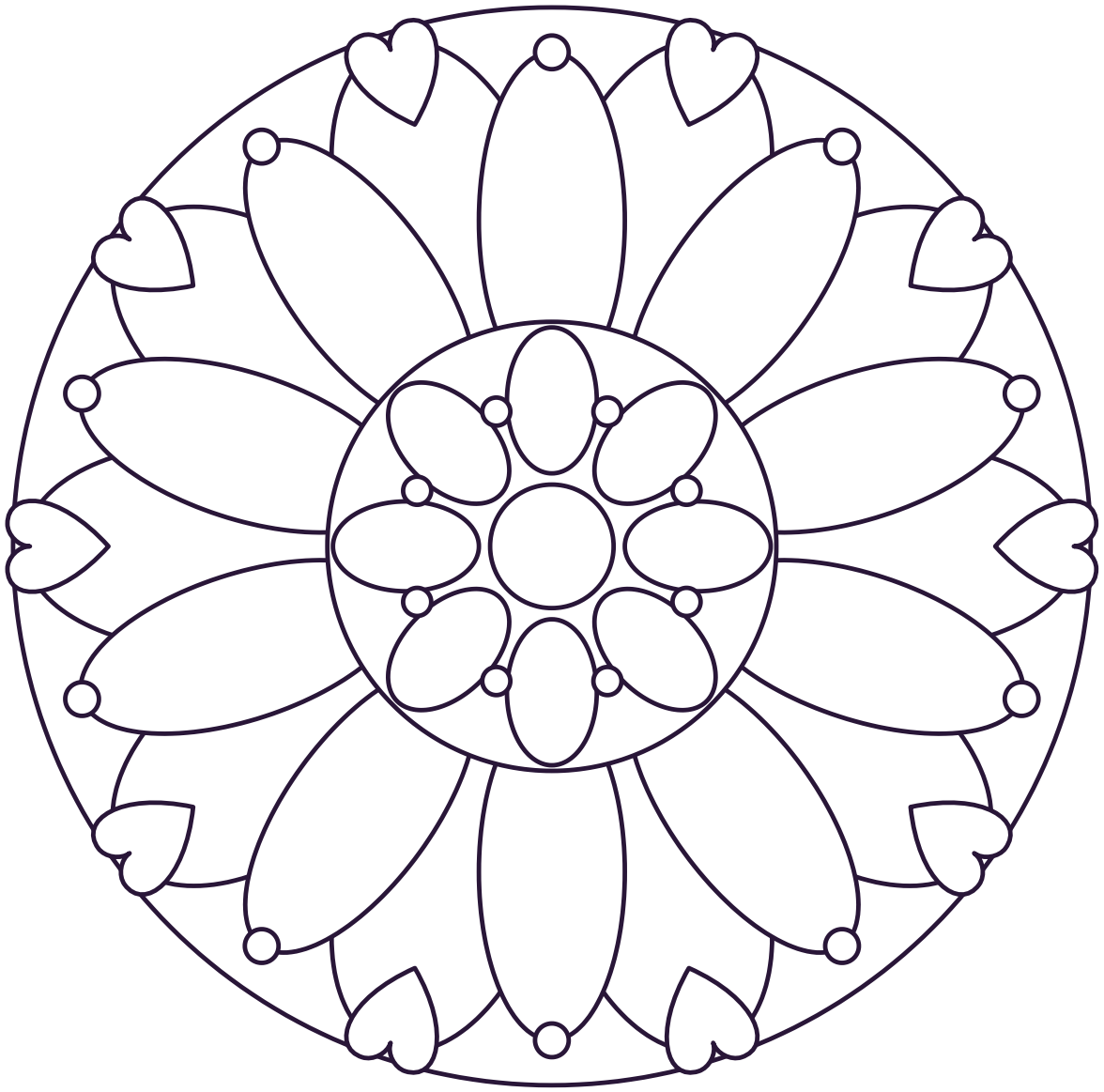
Mindful Coloring Flower

Color a flower pattern of petals, hearts and dots slowly, one ring at a time, breathing in and out with each petal.

Name: _____ **Date:** _____



Go slowly. Color one ring at a time, from the outside in. Breathe in as you start a petal and breathe out as you finish it.



How do I feel now?

○ calm ○ okay ○ still wiggly

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