SEL · MINDFULNESS AND CALMING · GRADES K–3

Animal Breathing Cards

Four calming breaths to try: lion breath, bee breath, elephant breath and teddy bear belly breathing.



Name: _____ **Date:** _____



Lion Breath

Breathe in through your nose. Open your mouth wide, stick out your tongue and breathe out with a big "haaa!"

☐ I tried it ☐ 3 times



Bee Breath

Breathe in through your nose. Close your mouth and hum like a bee, "mmmm," as you breathe out slowly.

☐ I tried it ☐ 3 times



Elephant Breath

Stand up. Breathe in and lift your arms high like a trunk. Breathe out and swing your arms down low.

☐ I tried it ☐ 3 times



Teddy Bear Belly Breath

Lie down with a teddy bear on your belly. Breathe in and watch it rise. Breathe out and watch it fall.

☐ I tried it ☐ 3 times

The breath that helped me feel the calmest: _____

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SEL · MINDFULNESS AND CALMING · GRADES 1–5

5-4-3-2-1 Calm Down



Notice 5 things you see, 4 you hear, 3 you can touch, 2 you smell and 1 you taste to feel calm and present.

Name: _____ **Date:** _____

When you feel worried or upset, slow down and use your senses to notice what is around you right now. Take a slow breath between each step.

5 **things I can see**

_____ _____ _____

_____ _____

4 **things I can hear**

_____ _____ _____

_____

3 **things I can touch**

_____ _____ _____

2 **things I can smell**

_____ _____

1 **thing I can taste**

_____

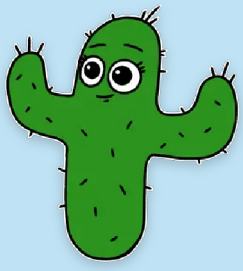
After 5-4-3-2-1, my body feels: _____

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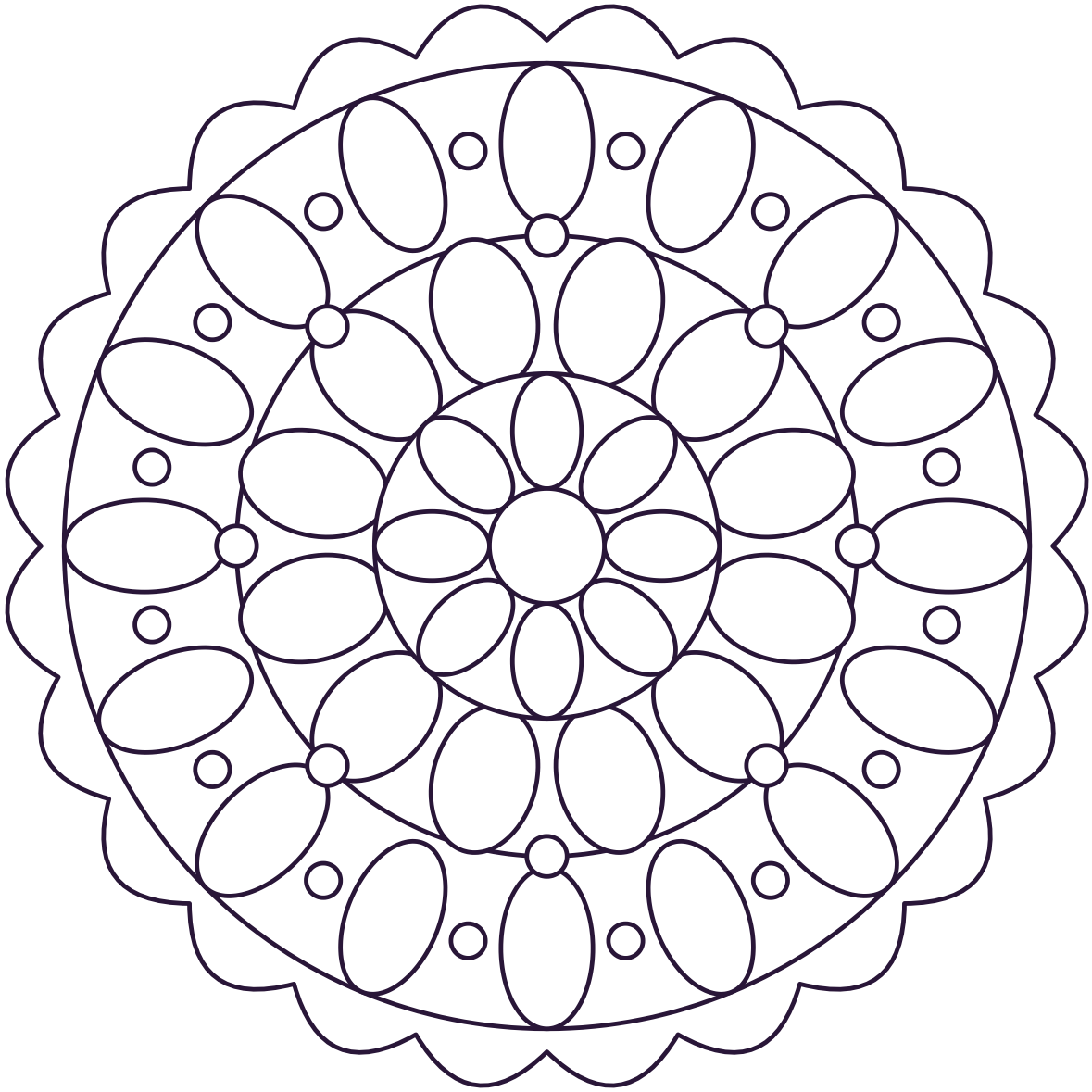
Mindful Coloring Pattern

Color a round pattern slowly, one ring at a time, and notice your breathing as you go.



Name: _____ **Date:** _____

Color slowly. Start in the middle and color one ring at a time. Breathe in as you pick a color and breathe out as you color. If your mind wanders, notice it and come back to your breath.



While I colored, I noticed: _____

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Calming Choices

Color the twelve choices that help your body calm down and cross out the ones that do not.



Name: _____ **Date:** _____

Color the choices that help your body calm down. Put an X on the ones that don't.

take 5 slow breaths	yell at a friend	count to 10
squeeze a stress ball	throw a toy	get a drink of water
slam the door	hug a stuffed animal	stretch like a cat
kick the wall	draw a picture	talk to a grown-up

My top calming choice at school: _____

My top calming choice at home: _____

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SEL · MINDFULNESS AND CALMING · GRADES 2–5

Mindful Minute Log



Try a different mindful minute for five days and rate how you feel before and after each one.

Name: _____ **Date:** _____

Each day, set a timer for one minute and try the mindful minute. Before you start and after you finish, rate how calm you feel from 1 (not calm) to 5 (very calm).

Day	Mindful minute	Before	After	What I noticed
Monday	**Breathing:** count each breath in and out, up to 10, then start again.			
Tuesday	**Listening:** close your eyes and count every sound you hear.			
Wednesday	**Body scan:** notice your toes, legs, belly, arms and face, one at a time.			
Thursday	**Eating:** eat one raisin or cracker very slowly. Notice the taste and feel.			
Friday	**Walking:** walk slowly and notice each foot touching the ground.			

The mindful minute I liked best, and why:

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ANSWER KEY · MINDFULNESS AND CALMING · GRADES K–3

Answer Key: Calming Choices

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color the choices that help your body calm down. Put an X on the ones that don't.

take 5 slow breaths	~~yell at a friend~~	count to 10
squeeze a stress ball	~~throw a toy~~	get a drink of water
~~slam the door~~	hug a stuffed animal	stretch like a cat
~~kick the wall~~	draw a picture	talk to a grown-up

My top calming choice at school: _____

My top calming choice at home: _____

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