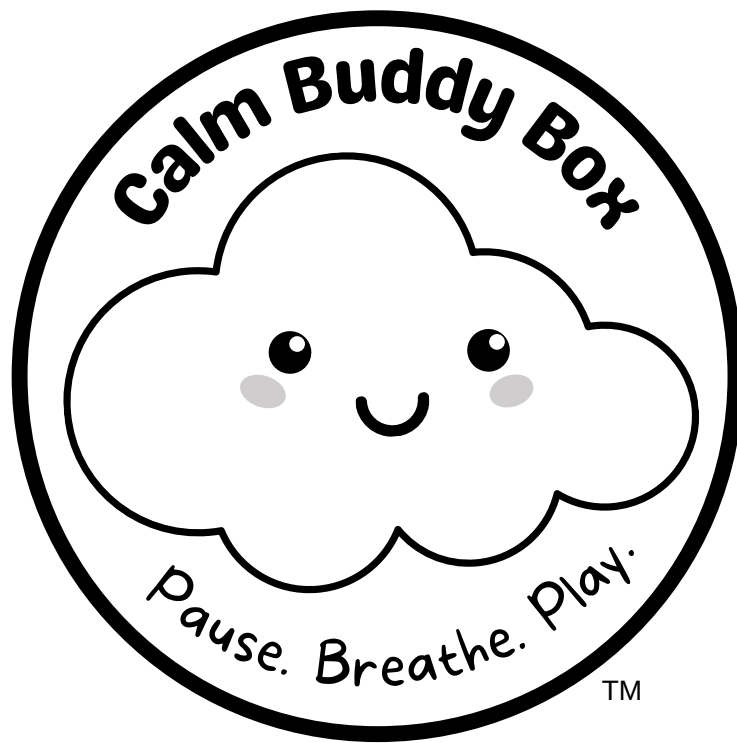


Mindfulness



Coloring Pages

**Created for you by Parents, Licensed
Clinical Social Workers, a Behaviorist,
and Our Kids!**

CALMBUDDYBOX.COM

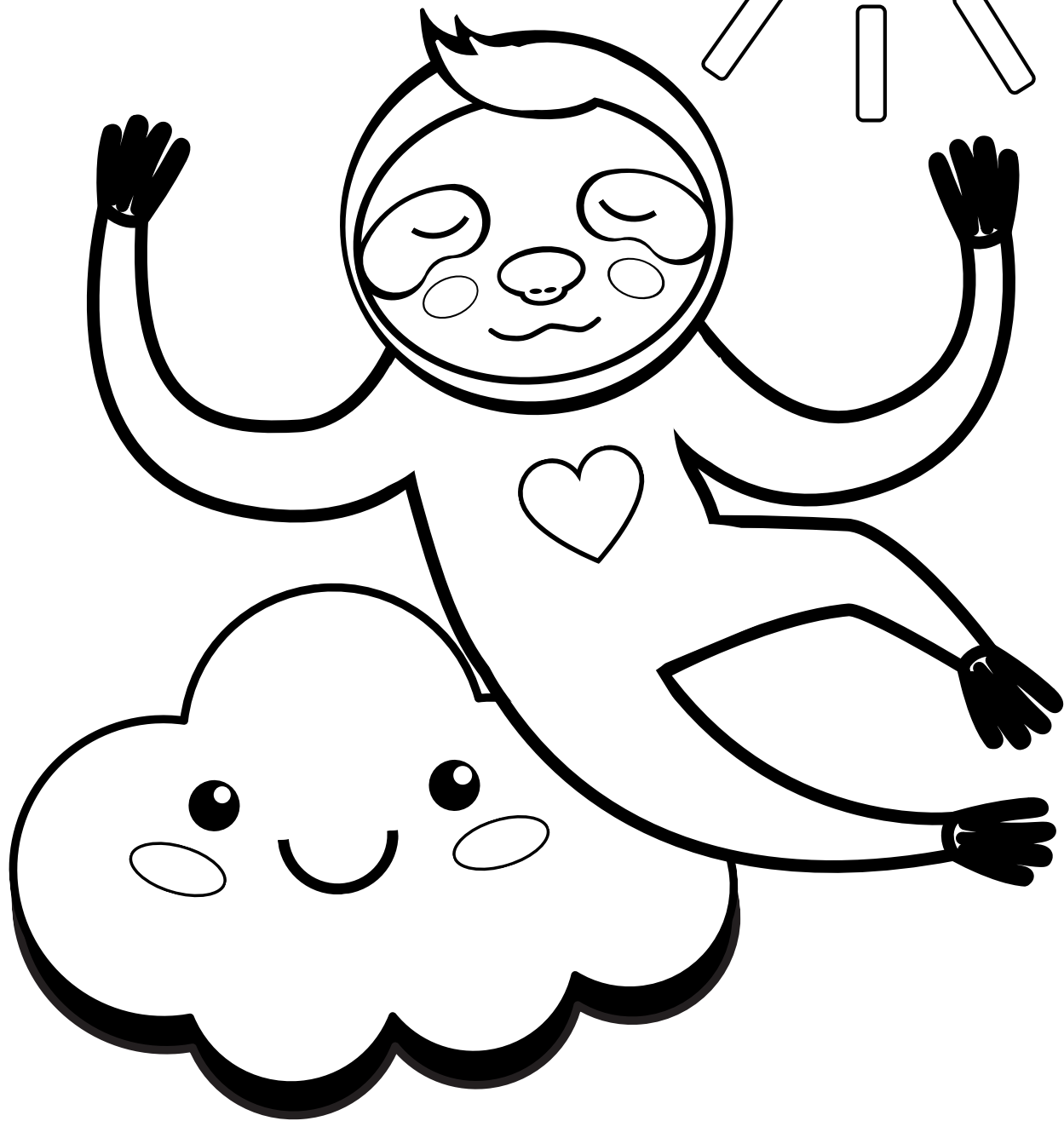
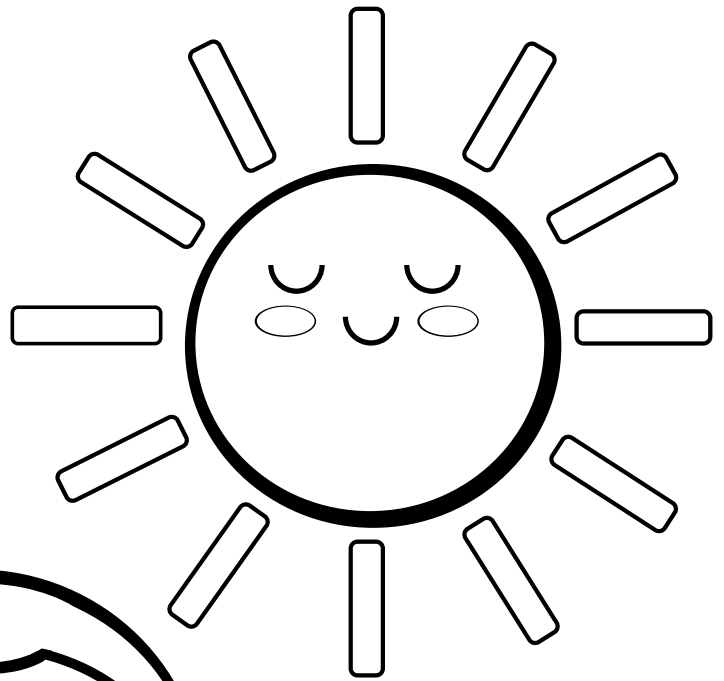
About Mindfulness

Mindfulness is about being present in the moment. It teaches us to use each of our senses, notice our emotions and focus on one activity at a time.

Many studies have shown that mindfulness can help with relaxation, reducing stress and improving focus; skills that will help children better understand their emotions as they grow.

Drawing and coloring are great calming mindfulness activities. The concentration and focus of drawing and coloring help teach children how to focus on the present moment by engaging all of their senses as they create - the colors they see, the texture of their crayons, the smell of the markers, or the sound of the scribble on the paper.

Pause.
Breathe.
Play.



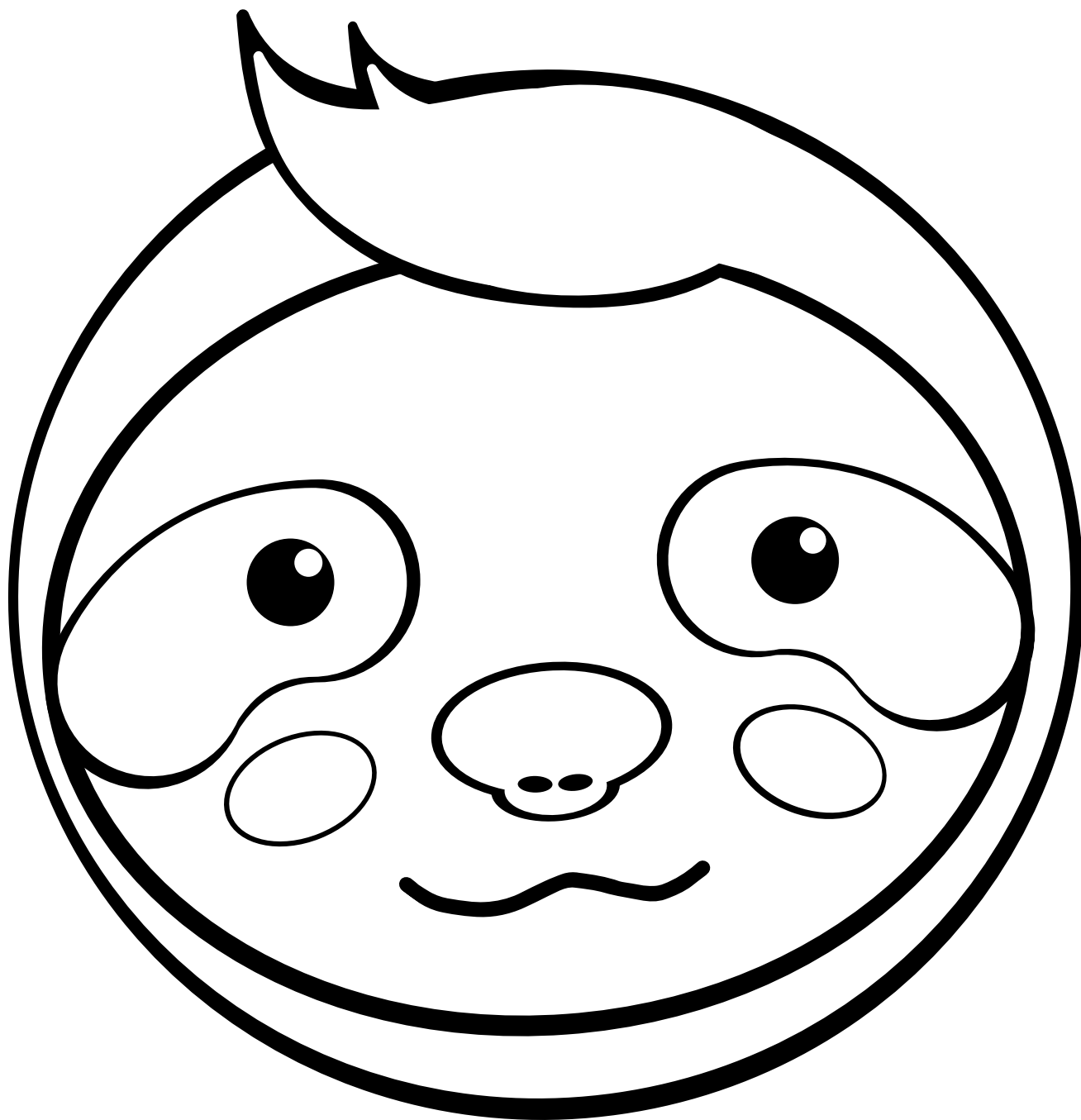
**Draw a picture of a place that
makes you feel calm.**

Is it inside or outside, at home or somewhere else?

What sounds and colors are there?

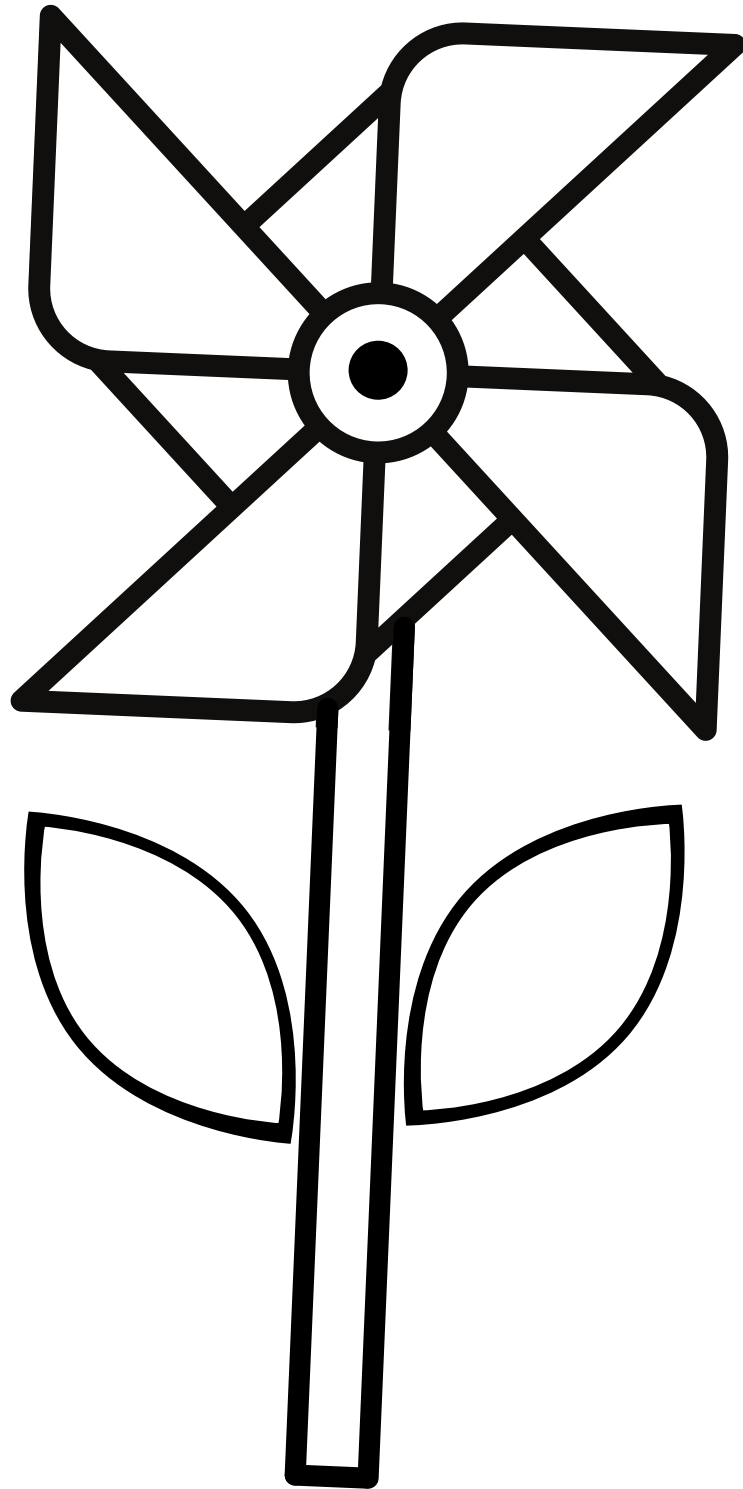
How does it smell?

My Calming Buddy



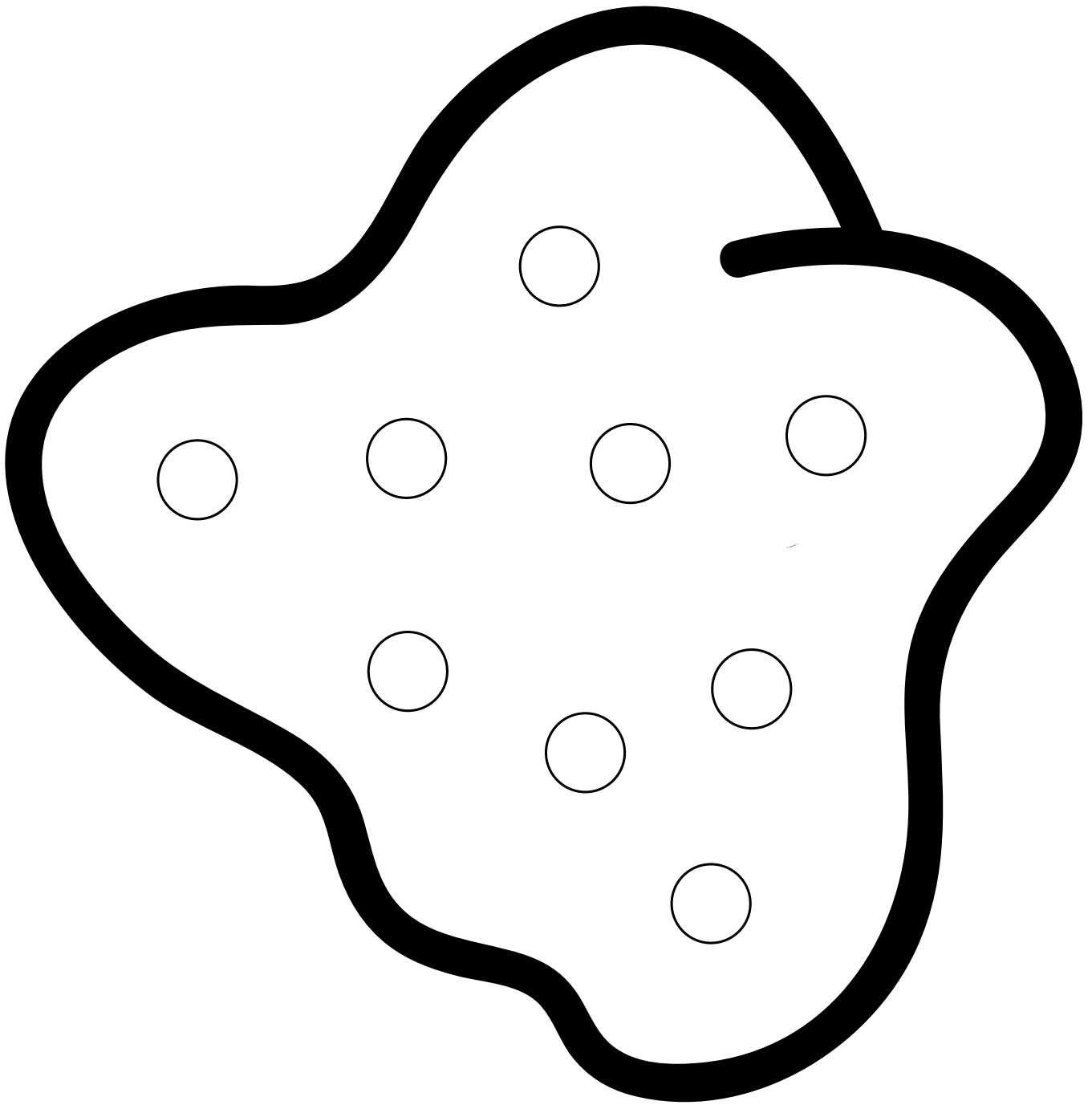
**Draw a picture of you and
your Calming Buddy.**

Breathe



Draw a picture of you doing something that makes you feel happy.

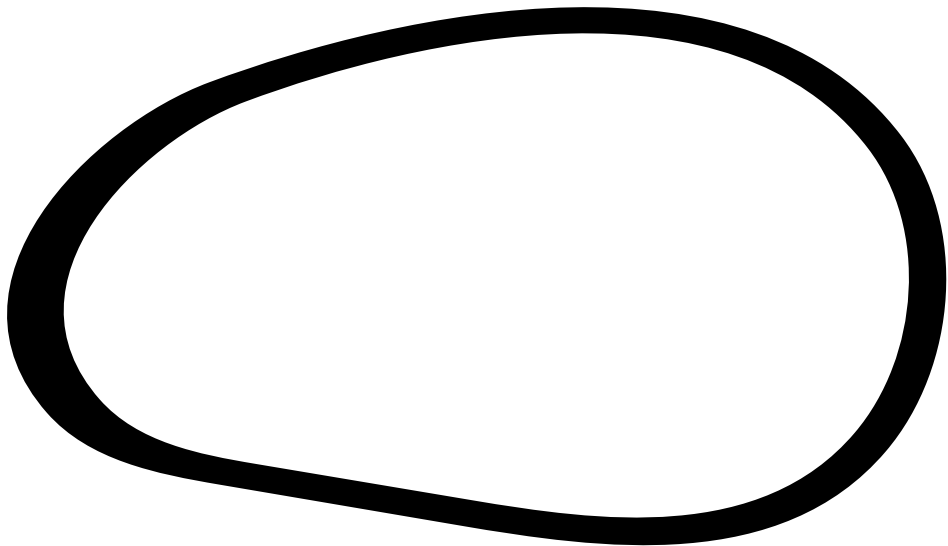
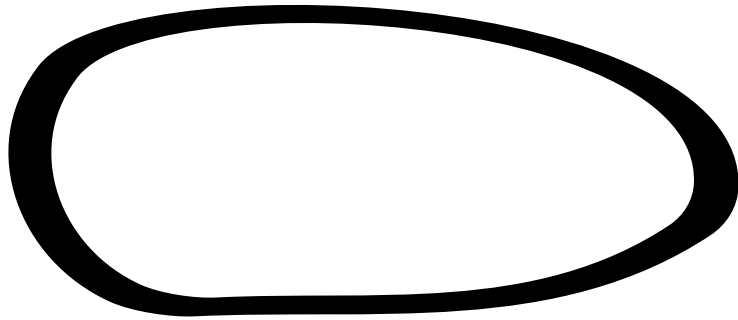
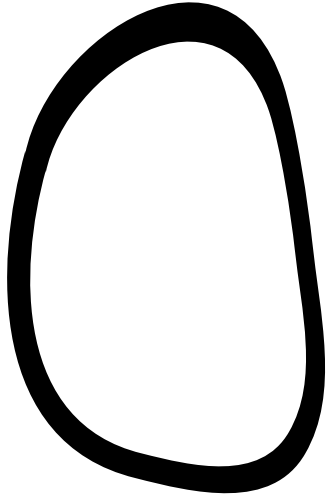
Squeeze



Draw a picture of your favorite toy.

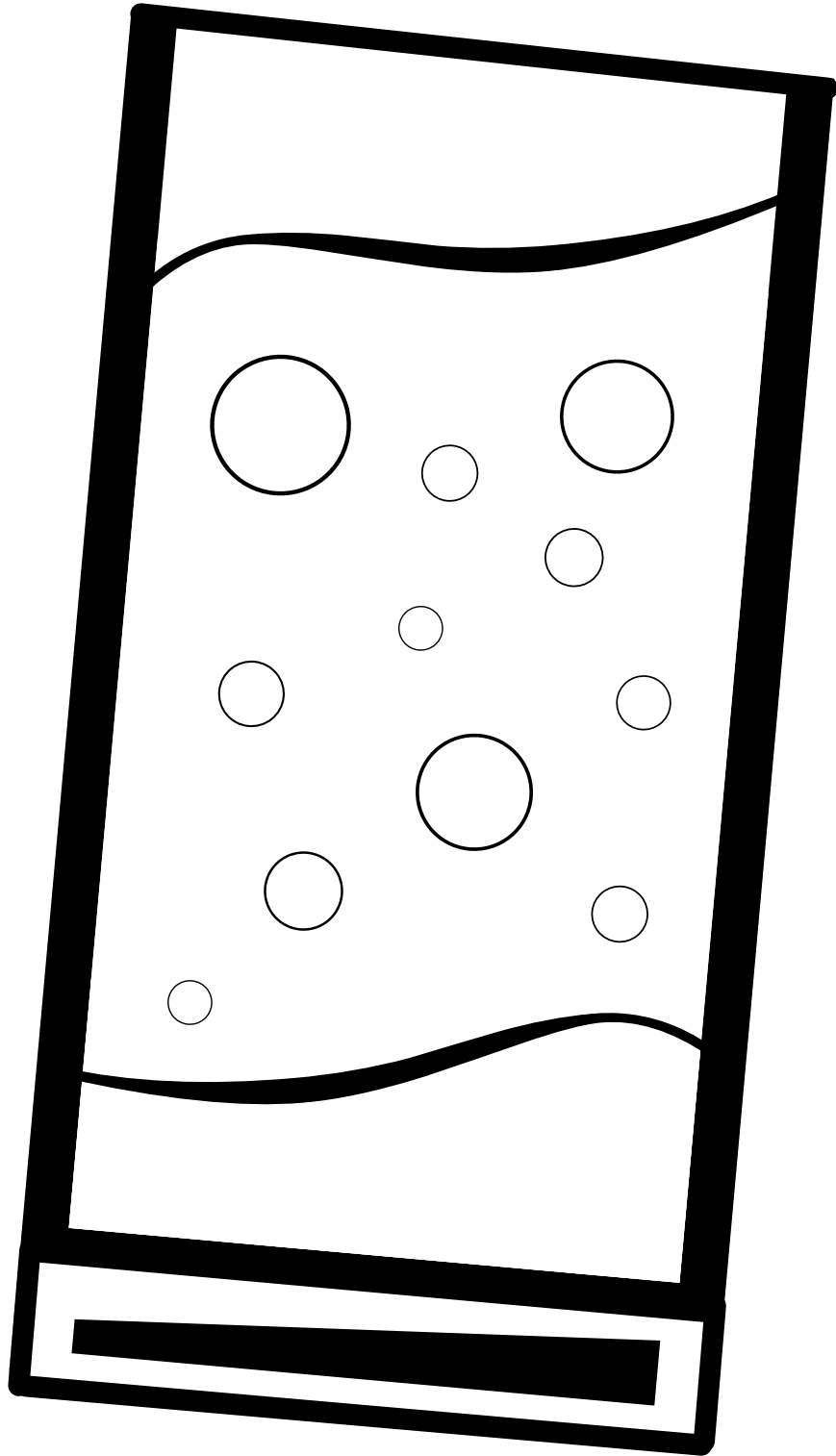
Think about the color, shape, size and feel of it.

FOCUS



**Draw a picture of you with
someone you love.**

Relax



**Draw a picture of how you
feel right now.**

**You may feel calm, relaxed, tired, happy,
excited, sad or something else.**

Enjoy



the day!