

# 20 Free Mindfulness Activities for Children



# HOW TO USE THIS MINDFULNESS ACTIVITY BOOK

Welcome!

This activity book has been specially designed to help children explore mindfulness in a fun, calming, and accessible way. Each activity encourages present-moment awareness, emotional regulation, and self-reflection—skills that are essential for growing minds.

## What is mindfulness?

Mindfulness is the practice of bringing one's full attention to the present moment in a non-judgmental and accepting way. It involves noticing thoughts, feelings, bodily sensations, and the surrounding environment with openness and curiosity, without trying to change or avoid them.

## Benefits:

- Reduce stress and anxiety
- Improve emotional regulation
- Enhances focus and attention
- Increases self-awareness and compassion
- Improves sleep and general well-being

## Why Mindfulness?

Mindfulness helps children:

- Improve focus and attention
- Manage big emotions
- Build resilience and confidence
- Foster kindness toward themselves and others

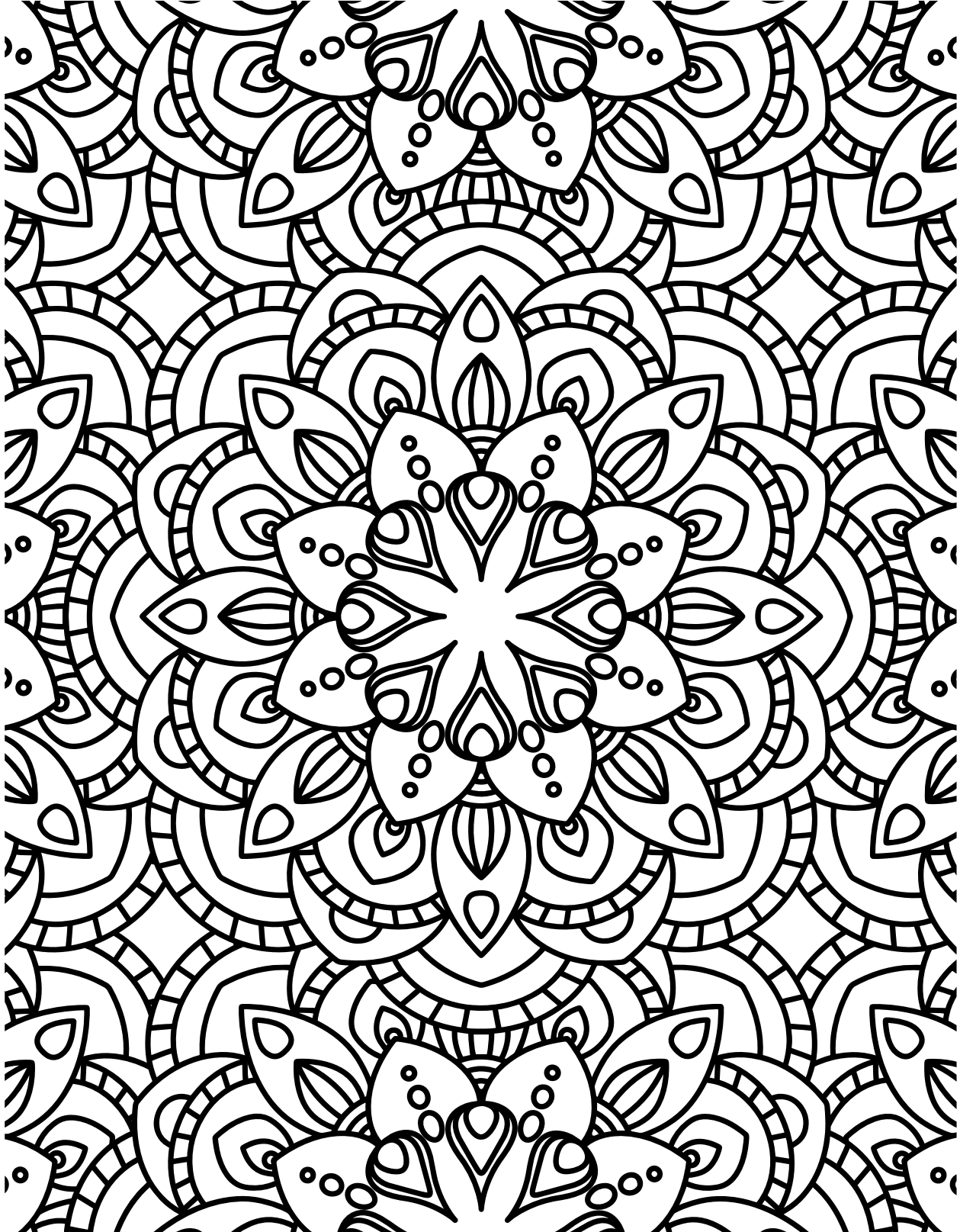
## Instructions:

1. Find a quiet space.
2. Choose a page that feels right for you today.
3. Read the instructions on the page.
4. Take your time completing the activity.
5. Be honest and kind to yourself.
6. Come back at anytime!

# Colour in the Mandala

Mindfulness through art can be a powerful tool to calm the mind.

1. Encourage the child to reflect on how they feel before and after colouring. What colours match how you are feeling?
2. Take a moment to notice how your body feels before you start and after you finish colouring. Do you feel more relaxed?



# Feeling My Feet

**Grounding techniques** are often used to reduce anxiety and increase awareness of the present moment.



Exercise: Pay attention to the feeling of the bottoms of our feet against the ground:

1. Try putting pressure on different parts of your feet
2. Wiggle your toes
3. Stand on different items or materials (i.e., grass, tiles, floorboards)
4. How does it feel when you are barefoot, in socks or shoes?

# Draw to Ten

Drawing requires focus that pulls your attention away from racing thoughts, stress or distractions.

Exercise: Let your imagination run wild.

Draw your favourite, things, characters, animals, people or places.

1

2

3

4

5

6

7

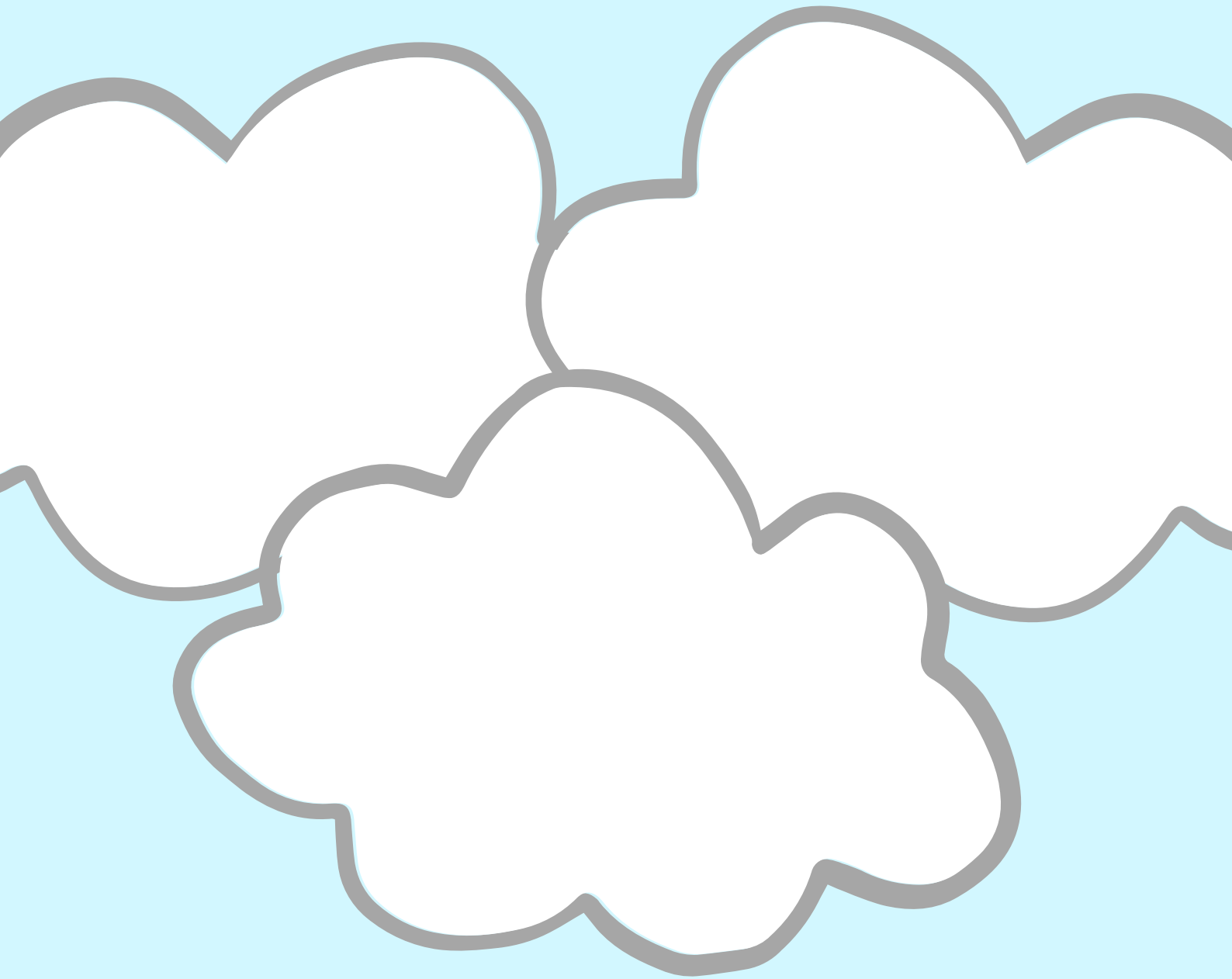
8

9

10

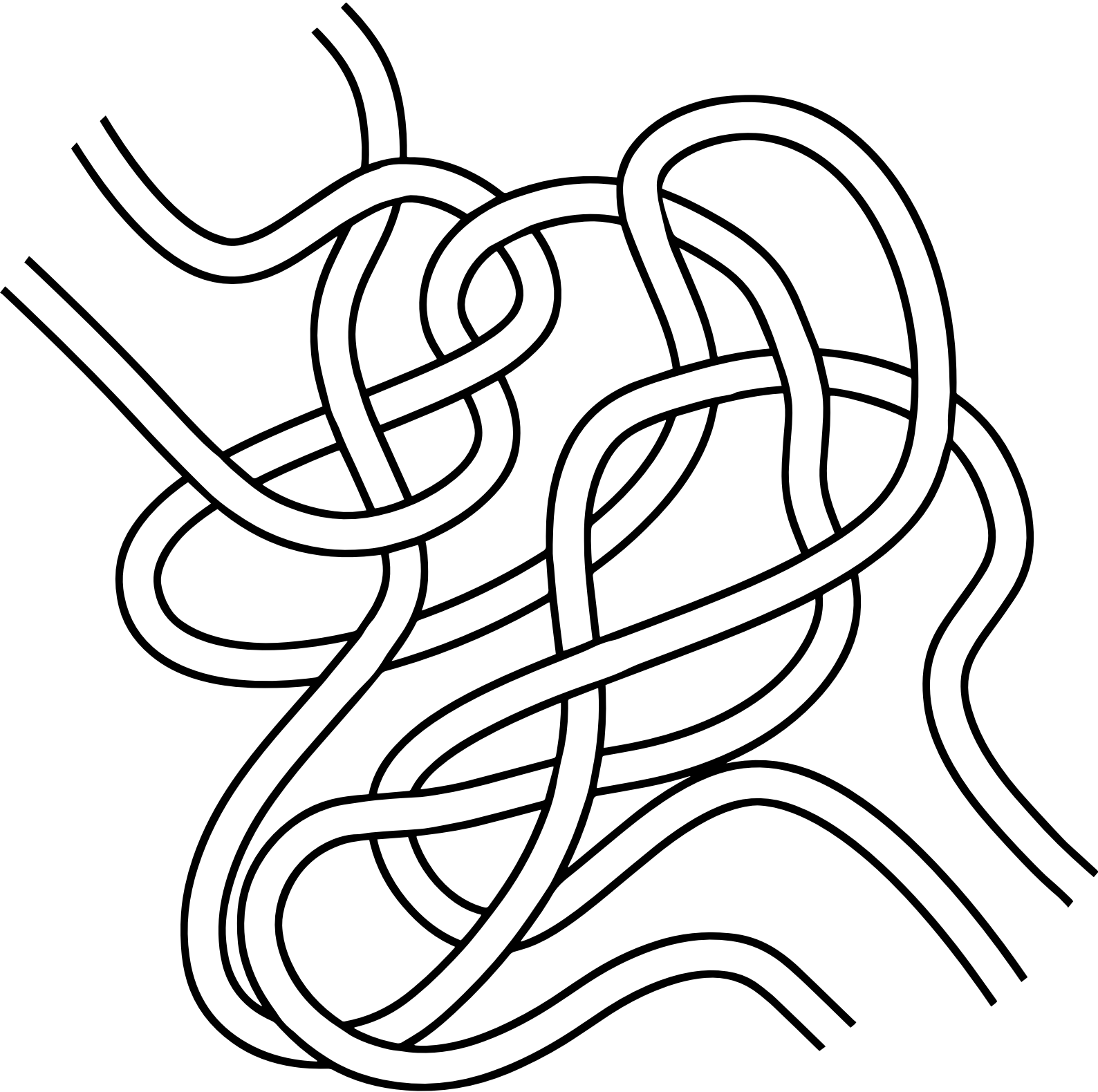
# Draw 3 Things You're Grateful for today

Gratitude rewires the brain to focus on what is working not what is wrong.  
Exercise: Draw three things you are grateful for? Do you feel differently now?



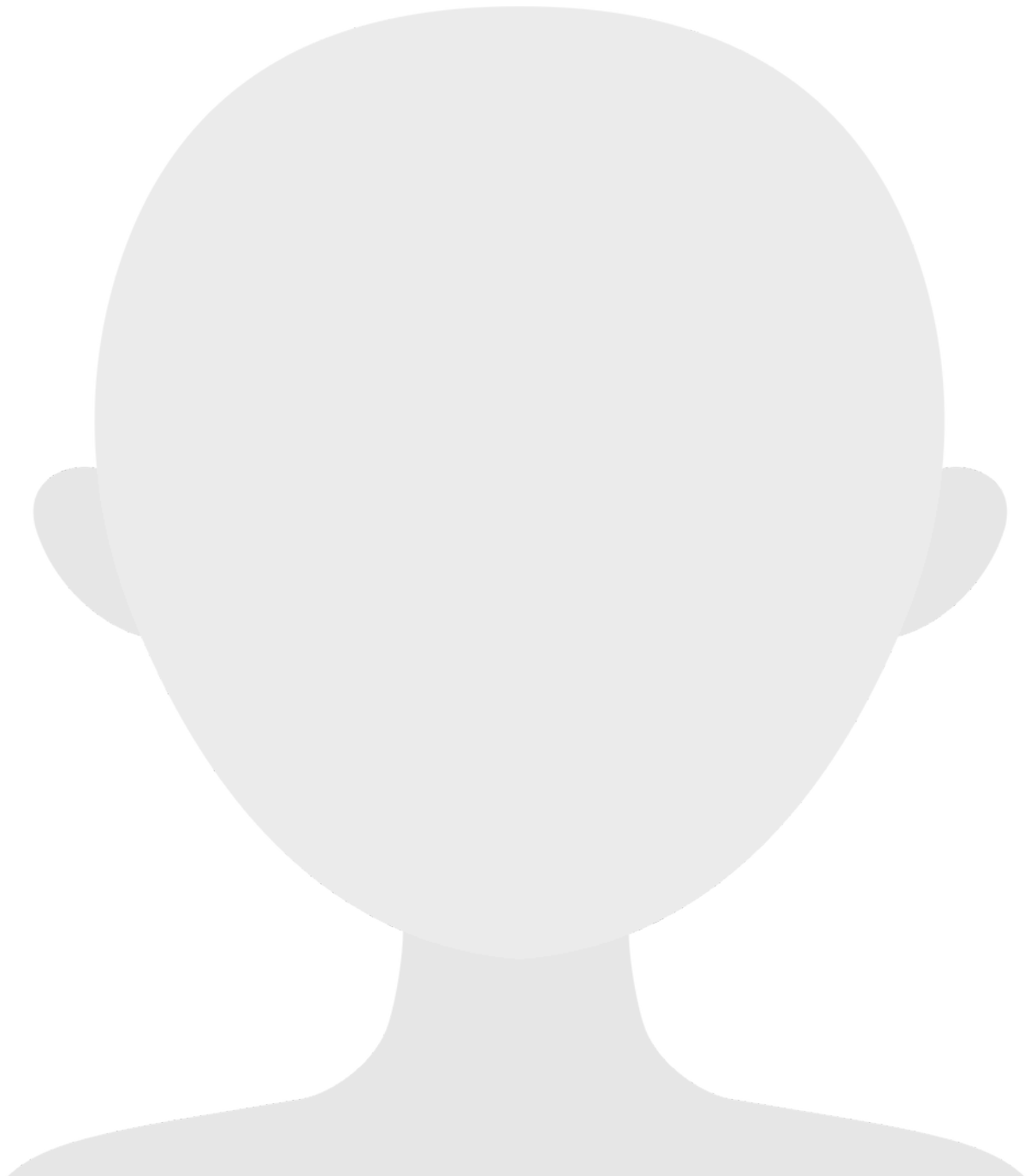
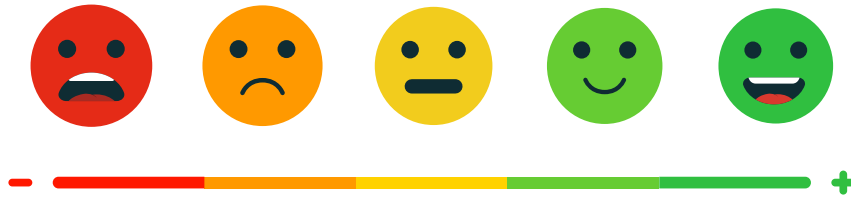
# Trace Each Line

Tracing a maze gently engages the brain in problem-solving without overwhelming it with tough decisions.



# Draw How You Are Feeling Today

Recognising emotions is the first step toward emotional regulation and healthy coping.

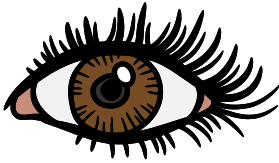




# Five Senses Check In

Grounding through the five senses can calm anxiety and sharpen focus.

Try this: Draw or list what you notice with each sense to feel more present.



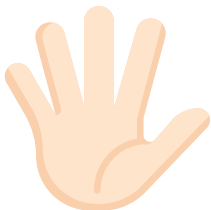
**WHAT ARE 5 THINGS YOU CAN SEE**



**WHAT ARE 4 THINGS YOU CAN HEAR**



**WHAT ARE 3 THINGS YOU CAN SMELL**



**WHAT ARE 2 THINGS YOU CAN FEEL**



**WHAT IS 1 THING YOU CAN TASTE**

# Eye Spy

Visual games like this help strengthen focus, attention to detail, and self-regulation.



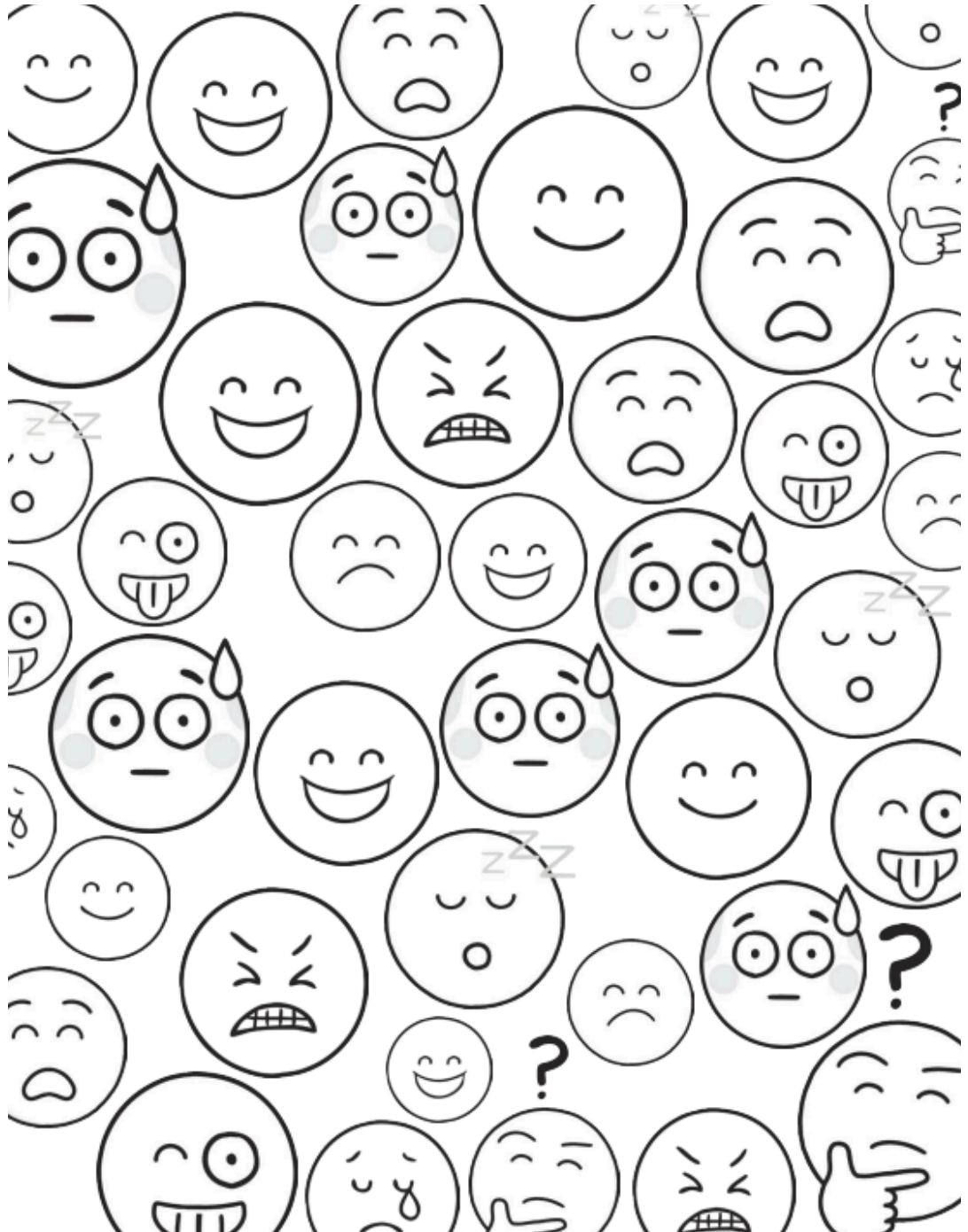
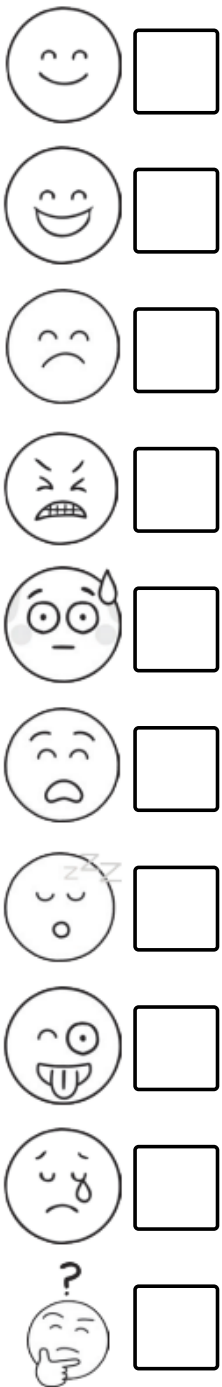
PEN CAT CAN NET WIG LOG JUG PAN HAT BED PEG BUS  
DOG SUN BAT BUN MOP TAP JAM MAP BIN CAP POT  
MAN DAD VAN MUG LEG BAG RAT CUP BOX PIG ZIP HEN

# Eye Spy Emotions

How  
many can  
you find?

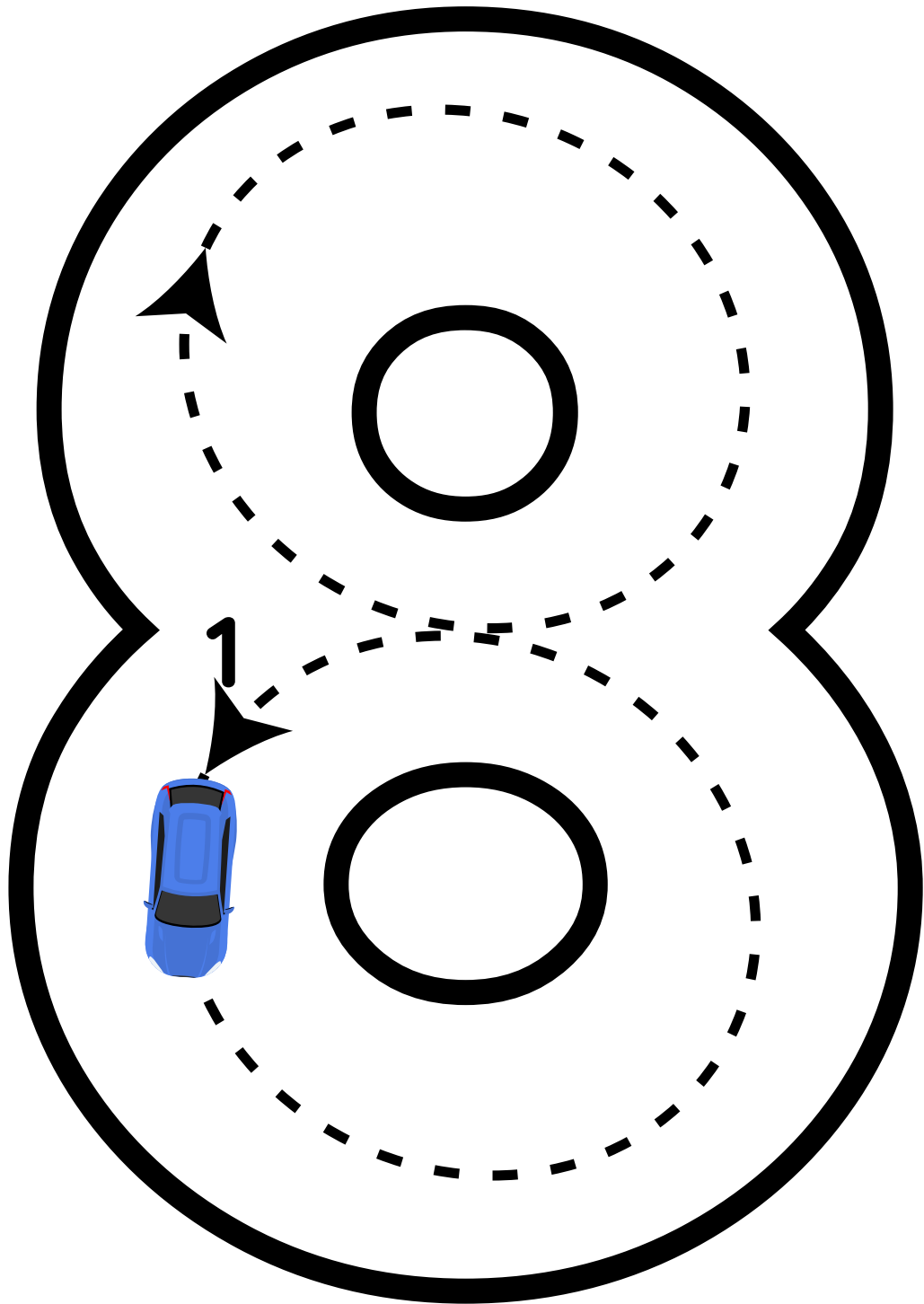
Using colours to explore emotions can support emotional awareness and self-expression—especially when words are hard to find. It makes learning about feelings feel fun and safe.

Exercise: Choose a colour to match the emotions. Colour in the emotion faces to match your chosen colour. For example, a happy face could be green!



# Breathing Buddy

Slow, focused breathing can send calming signals to the brain and body, helping you feel more settled and in control



Exercise: Follow the arrow with your finger while breathing in and out slowly. Let your breath move with the shape, like a gentle wave.

# Rose and Thorn

Reflecting on both positive and tricky moments helps build resilience, self-awareness, and flexible thinking.

Exercise: Write or draw your Rose and Thorn of the day.

1. What emotional coping tools did you use to get through the thorn?
2. Could we do anything differently next time?

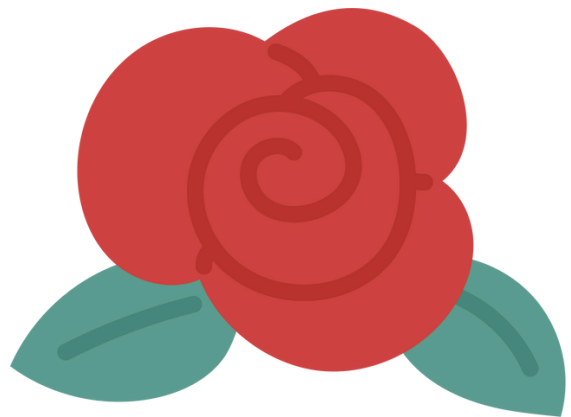
**What was the best part of your day?**

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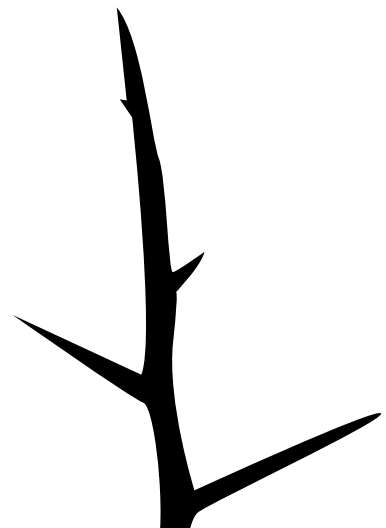
**What was the most challenging part of your day?**

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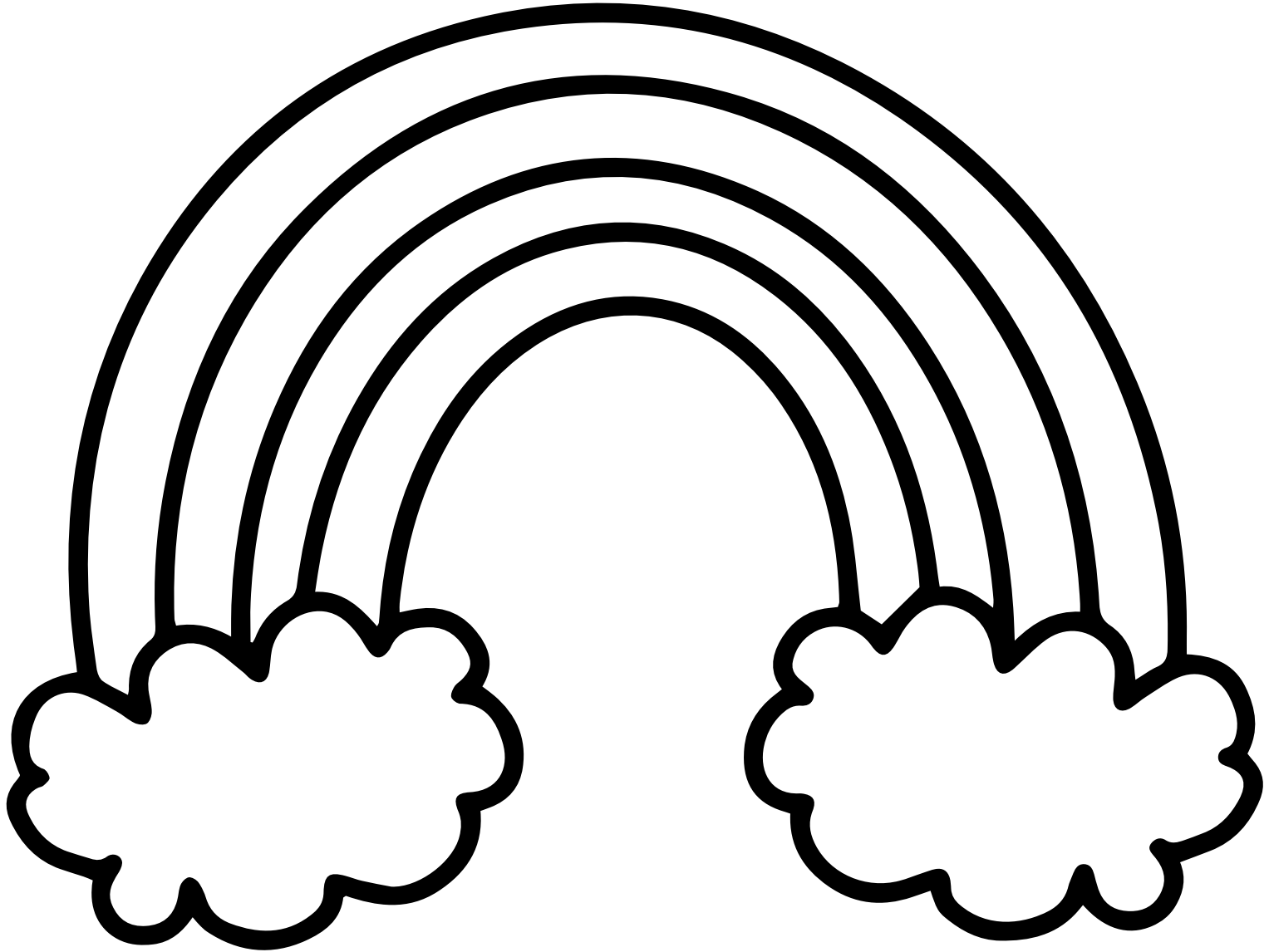
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# Gratitude Rainbow

Gratitude can gently shift focus towards what feels good or safe, which helps support emotional balance and resilience.

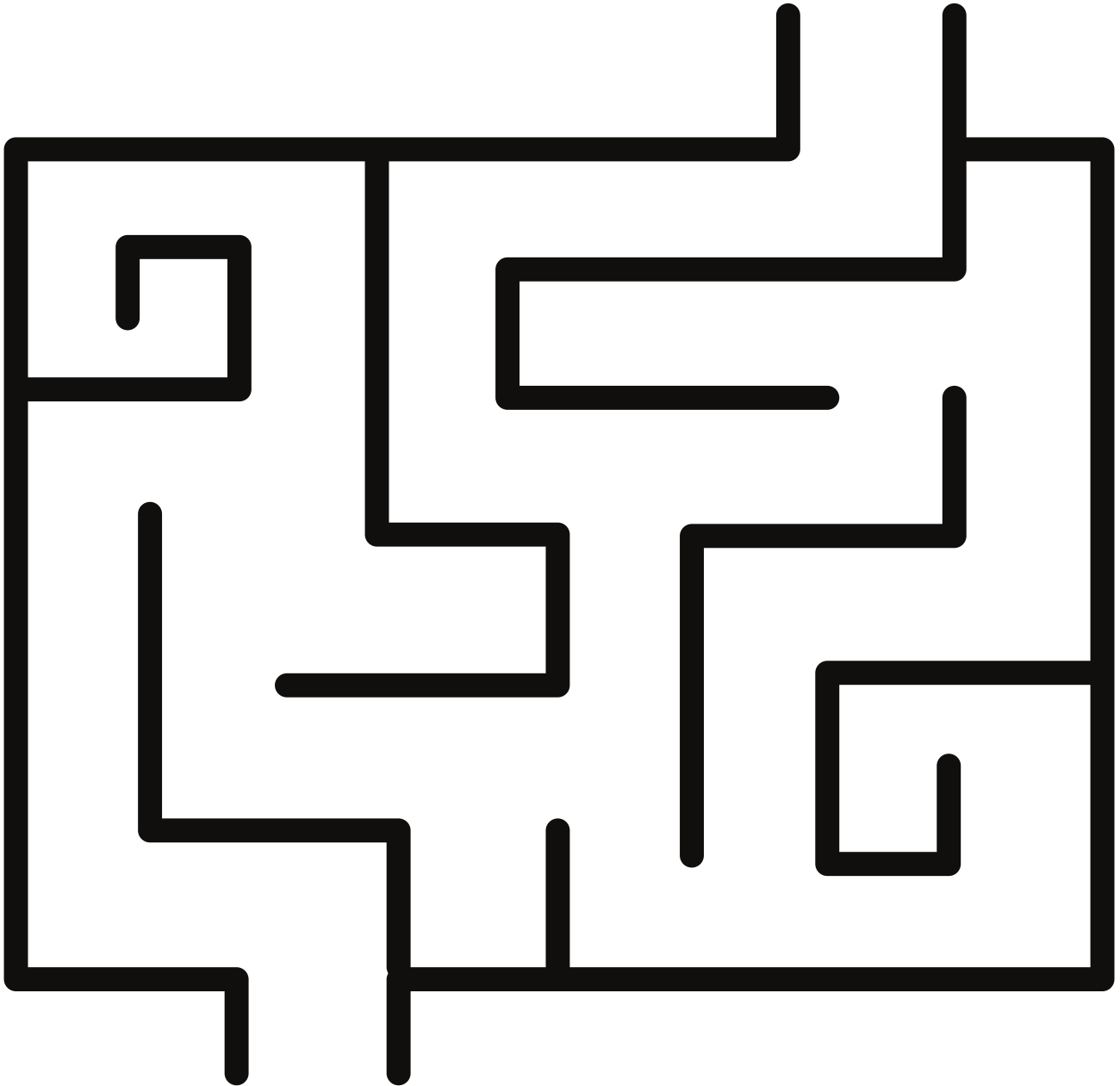


Example:

1. In each cloud bubble, write or draw something you feel grateful for.
2. Colour in the rainbow however you like.
3. Come back to it in a few days—do any new grateful thoughts come to mind?

# Brain Break Maze

Focusing on a simple task like a maze can reset your nervous system and bring your brain into the present moment.

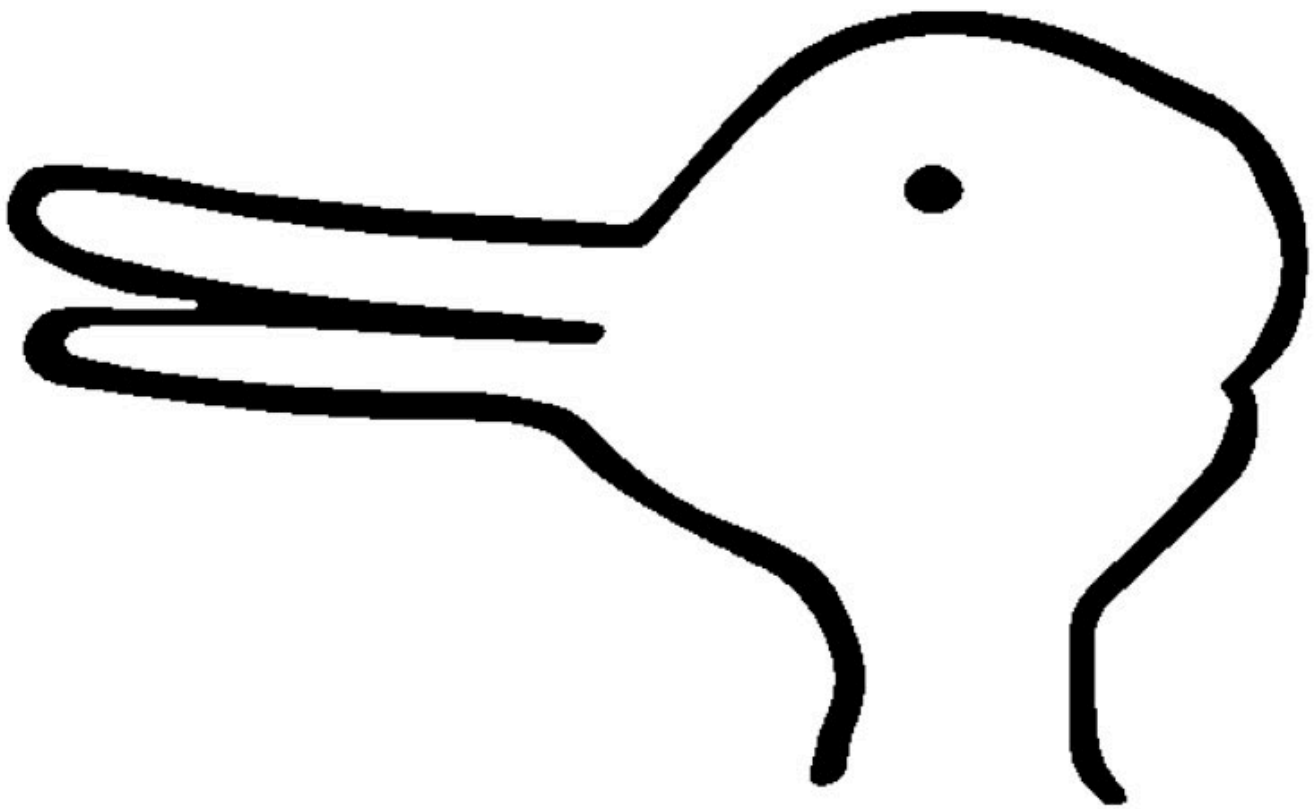


Exercise:

1. Complete the maze at your own pace.
2. Pause and notice—how does your body feel before and after?
3. This helps you tune in to how focus and small wins can support regulation.

# Duck! Rabbit!

Learning to see things in more than one way builds cognitive flexibility—an important skill for problem-solving, adapting, and understanding others. What do you see first? A Duck or a Rabbit? Does your perspective change overtime?



Excercise:

1. Look at the picture. Does this look like a duck or a rabbit?
2. Ask your friends and family? What do they see?

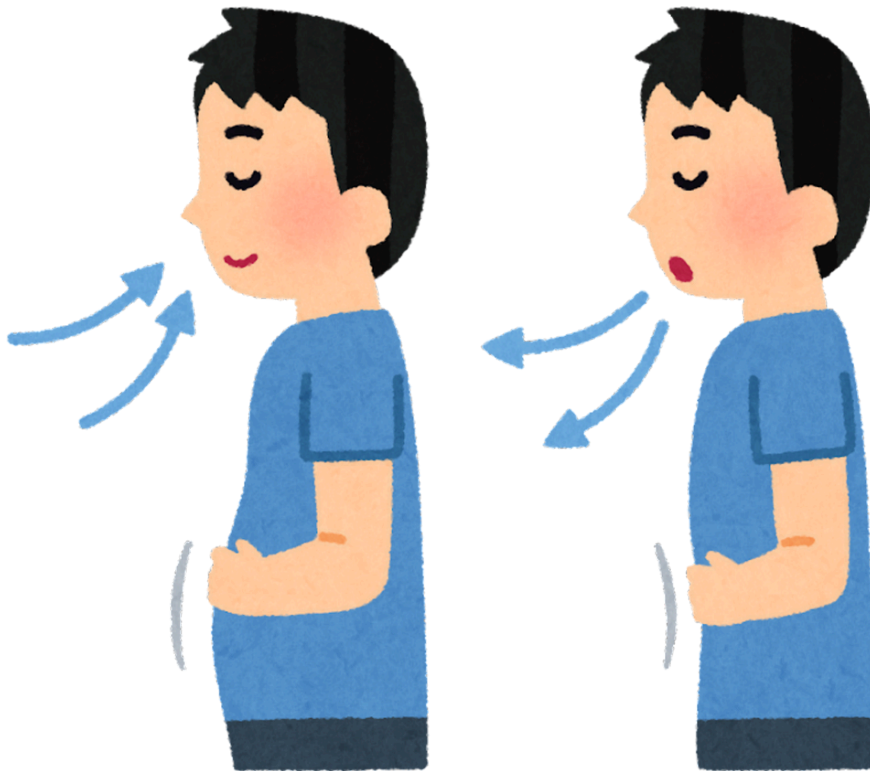


# Breathing Anchor

Breathing helps us stay present and bring our focus back to right now instead of worrying about the past and future.

Exercise: Take some deep breaths in and out.

1. Place your finger under your nose. Feel it.
2. Place your hand on your chest. Feel it.
3. Place your hand on your belly. Feel it.



Exercise:

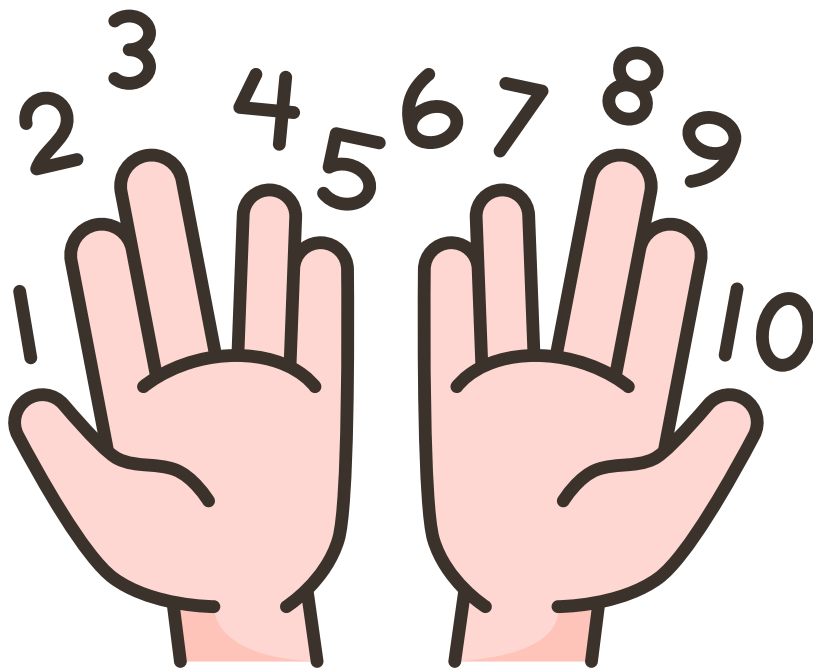
1. How do you feel now?
2. Compare this feeling to breathing fast or holding your breath?

# Finger Affirmations

Affirmations support self-esteem and emotional regulation by helping the brain focus on strengths, progress, and positive identity.

Exercise:

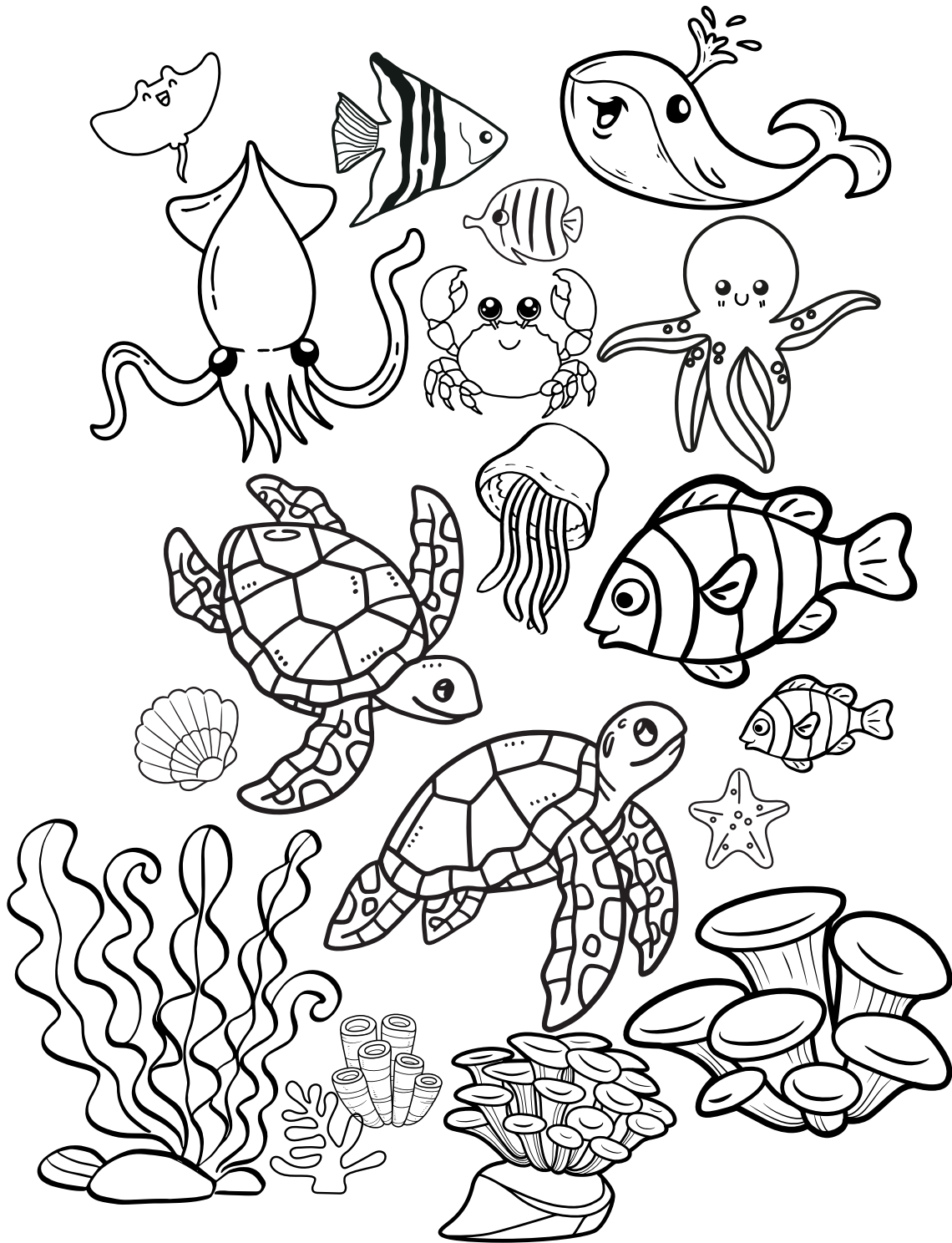
1. Hold out your hands in front of you.
2. Give yourself 10 compliments for each finger.
3. What are you good at? What do you like about the way you look? What have you achieved that you are proud of?



# Mindful Colouring

Mindful colouring can slow down busy thoughts, support focus, and create a calming rhythm for the brain and body.

Colour in the underwater wonderland. Try to notice the colours, shapes, and your breathing as you go—there's no right or wrong way to do it.

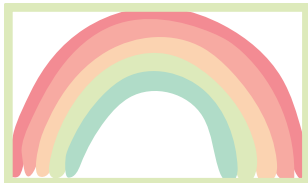


# Weather Inside You

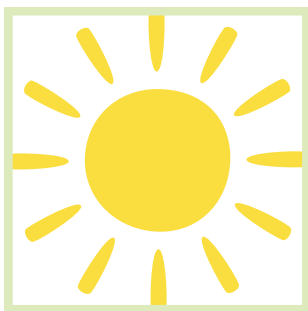
Using weather as a metaphor for feelings makes emotions easier to understand and express—especially when words are tricky or overwhelming.

Check in with your “weather inside.” Which image matches how you're feeling today? There's no right or wrong answer—just notice and name your internal weather.

## HOW ARE YOU FEELING TODAY?



**EXCITED, JOYFUL, PROUD,  
THRILLED, ECSTATIC**



**HAPPY, PLAYFUL, CHEERFUL**



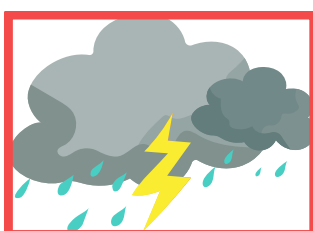
**BORED, TIRED, SILLY, ANNOYED,  
CONFUSED**



**SAD, DOWN, DISAPPOINTED,  
LONELY, GLOOMY**



**FRUSTRATED, WORRIED,  
ANXIOUS, SCARED**



**ANGRY, FURIOUS,  
OVERWHELMED, EXPLOSIVE**

# Smell the Flowers

Slow breathing helps calm the nervous system and create a sense of safety in the body. Pairing breath with imagination (like smelling flowers) makes it feel natural and playful.

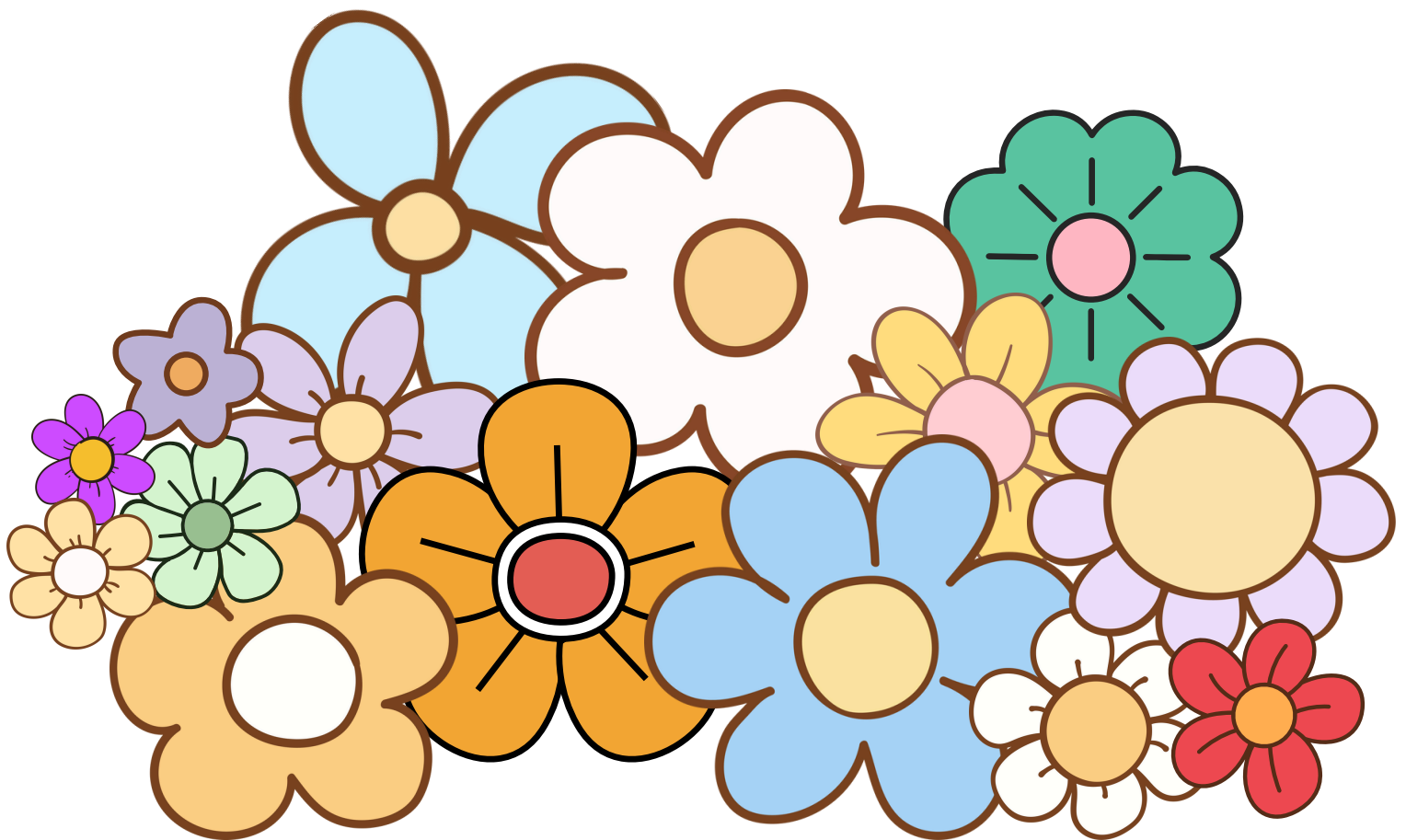
## Activity:

Take a slow, deep breath in—like you're smelling your favourite flower.

Then breathe out gently, like you're blowing out a candle.

Repeat a few times and notice how your body feels.

**TAKE SOME DEEP BREATHS AND  
SMELL THE FLOWERS.**



# Big Emotions Match Up

Recognising emotions helps us understand and manage big feelings

Exercise: Draw a line from the face to the matching emotion.



**FRUSTRATED**



**NERVOUS**



**EMBARRASSED**



**SURPRISED**



**CONFUSED**



**OVERWHELMED**



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