



MINDFULNESS COLORING for KIDS



- Simple Mandalas + Calming Affirmations to Help Kids Breathe, Focus, and Feel Good

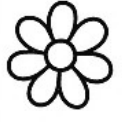
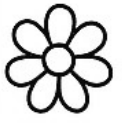
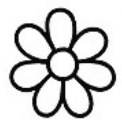
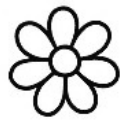
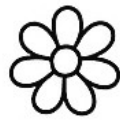
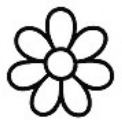




THIS BOOK BELONGS TO:



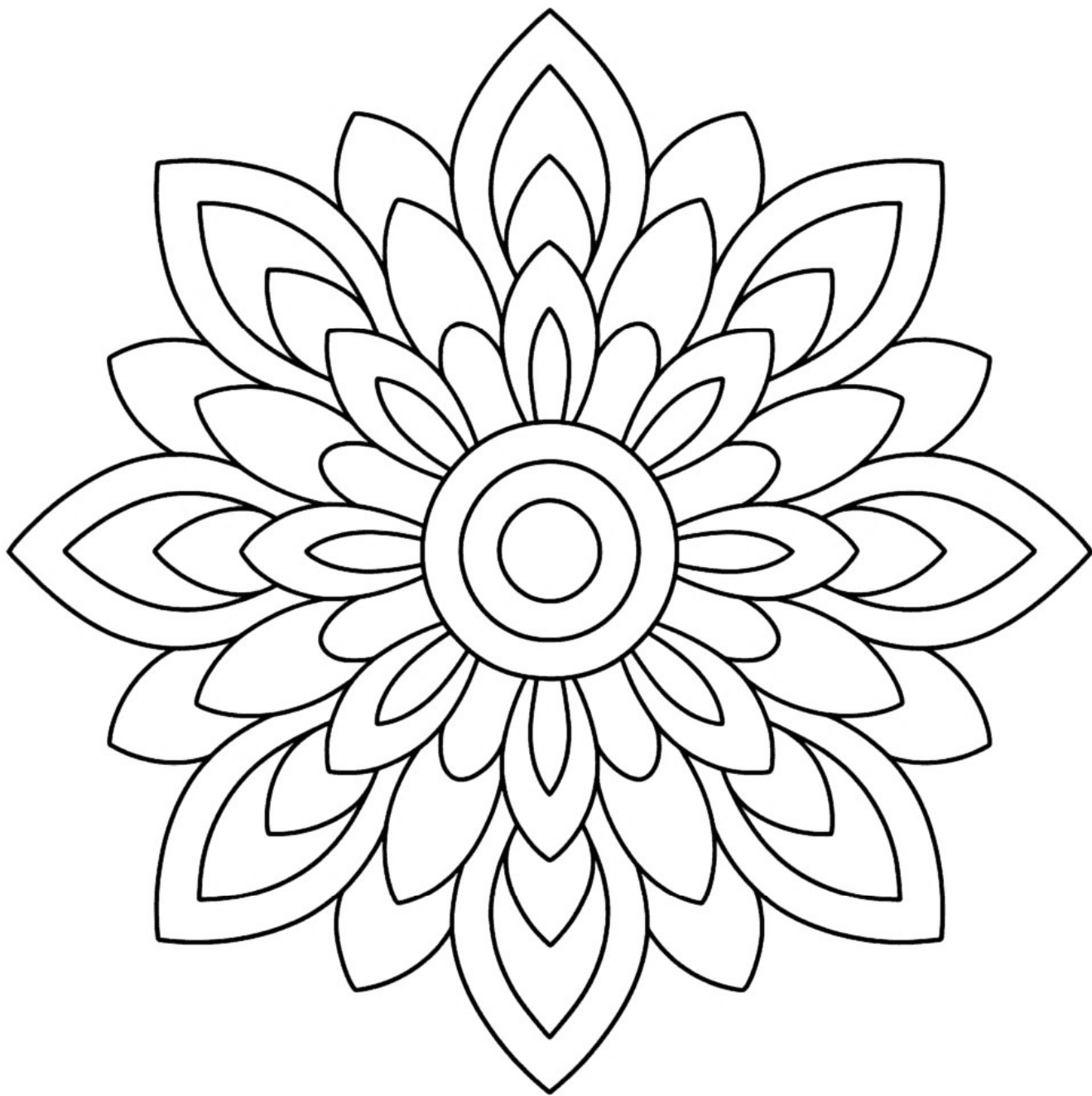
**Coloring helps
you feel calm,
focused, and
happy. Take a
deep breath
and pick your
favorite colors.
Let's relax
and have fun!**



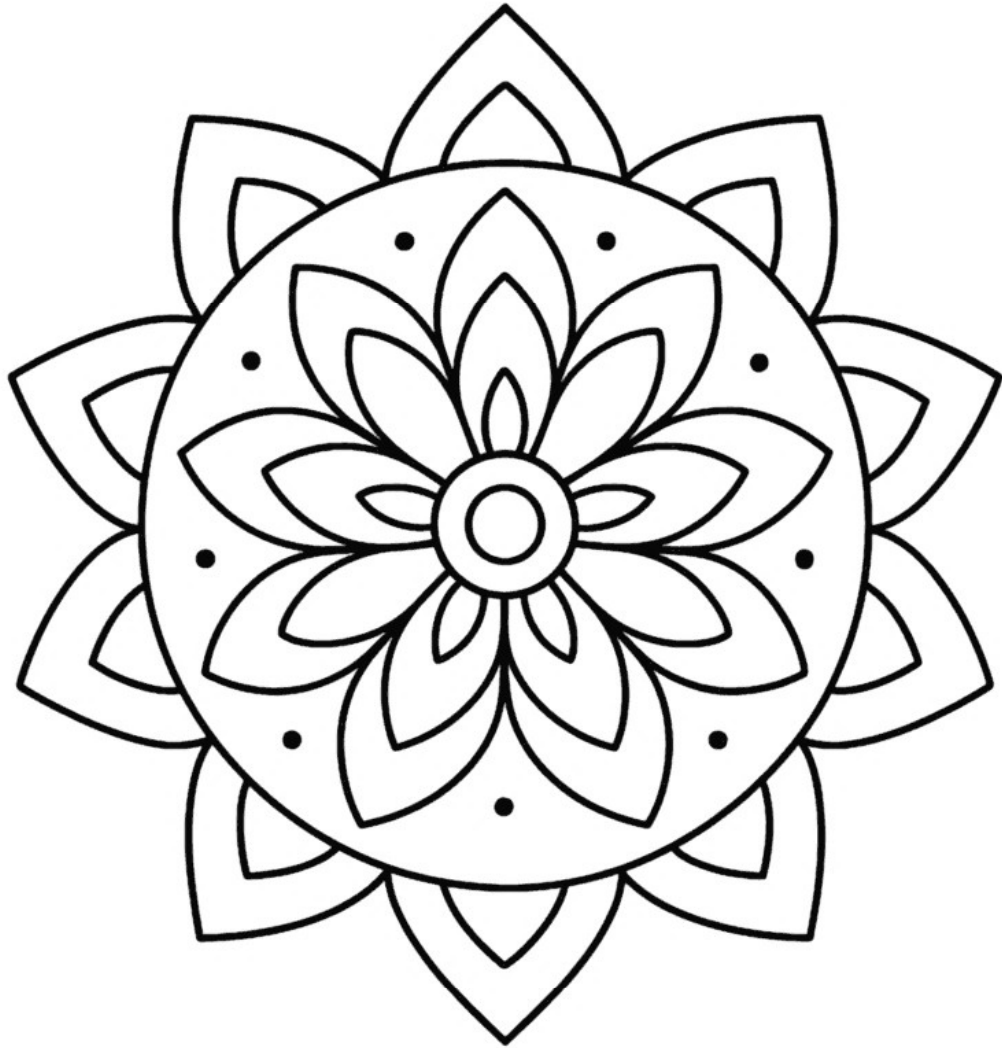
Mindful Activity Tips

- Take 3 deep breaths before coloring.
- Use colors that make you feel happy.
- Color slowly and carefully.
- Focus on your drawing.
- Have fun and enjoy the moment

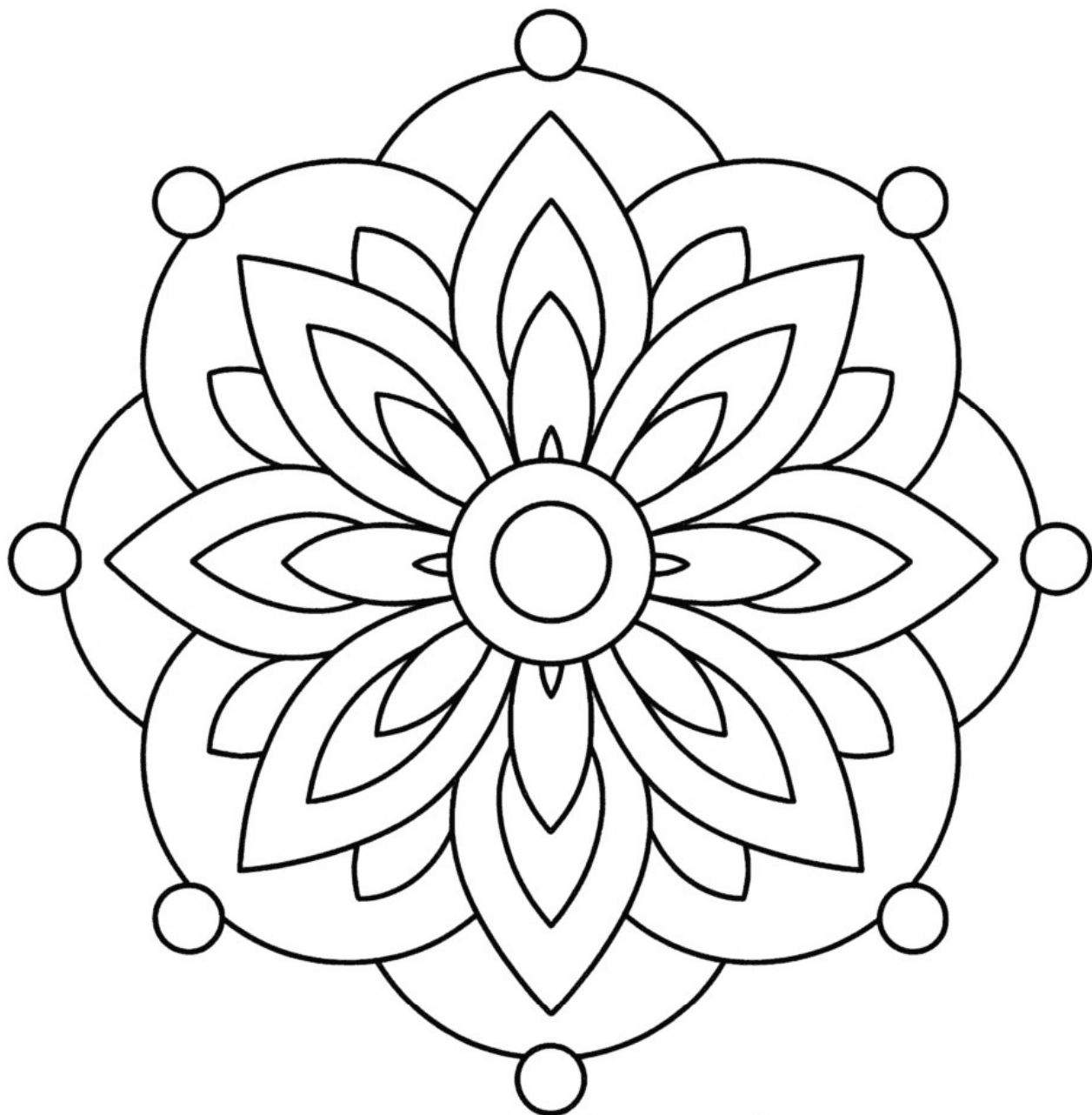




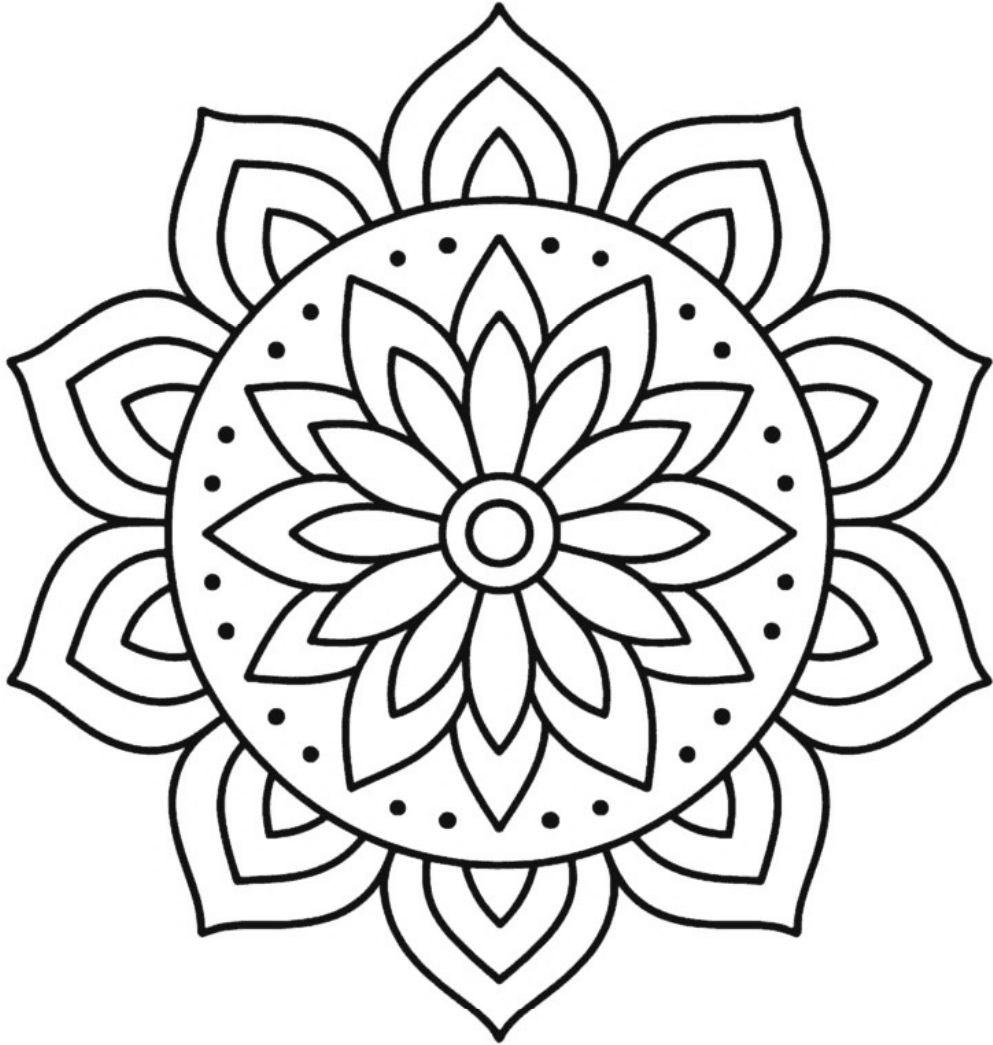
I am brave.



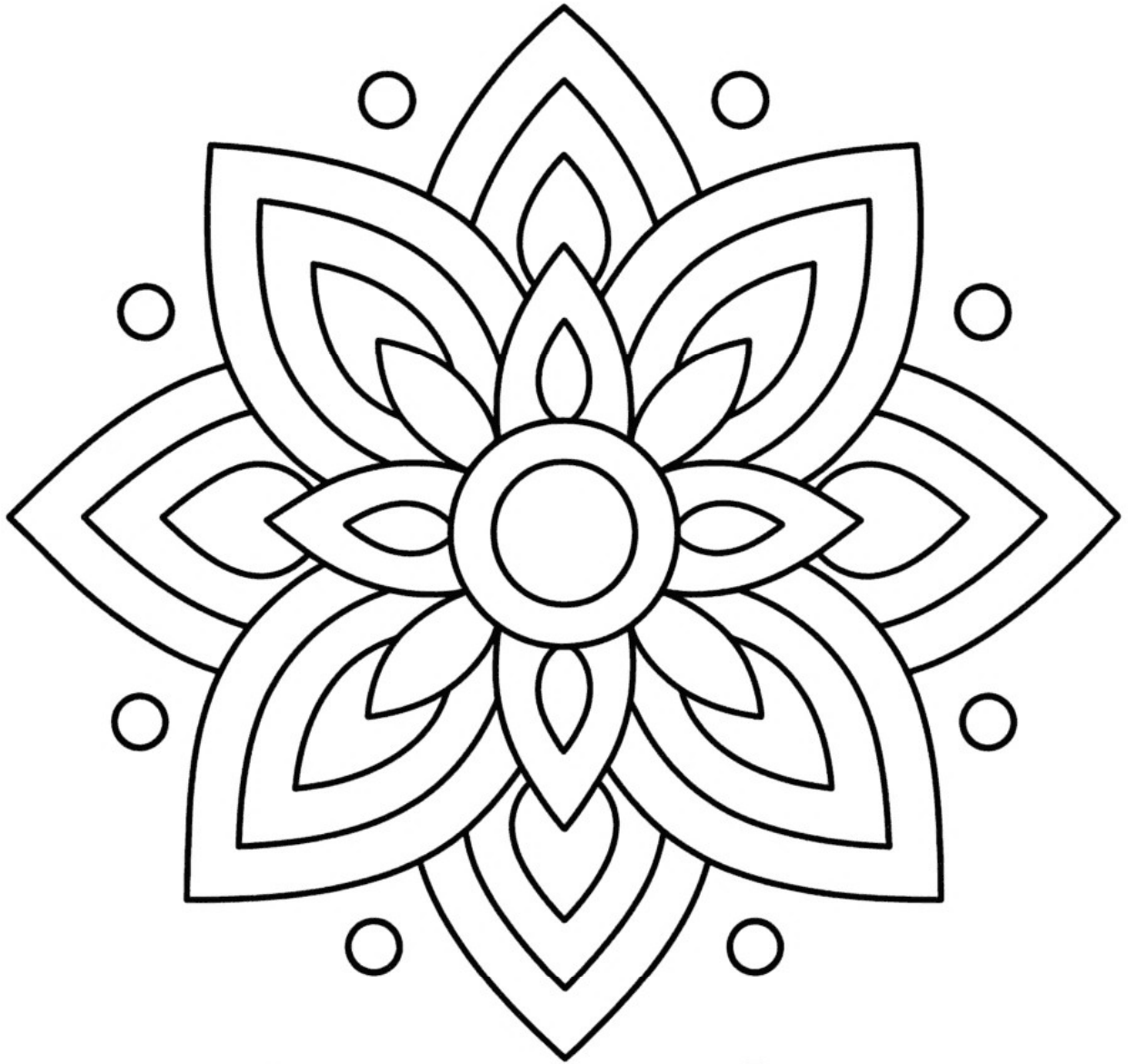
I am calm.



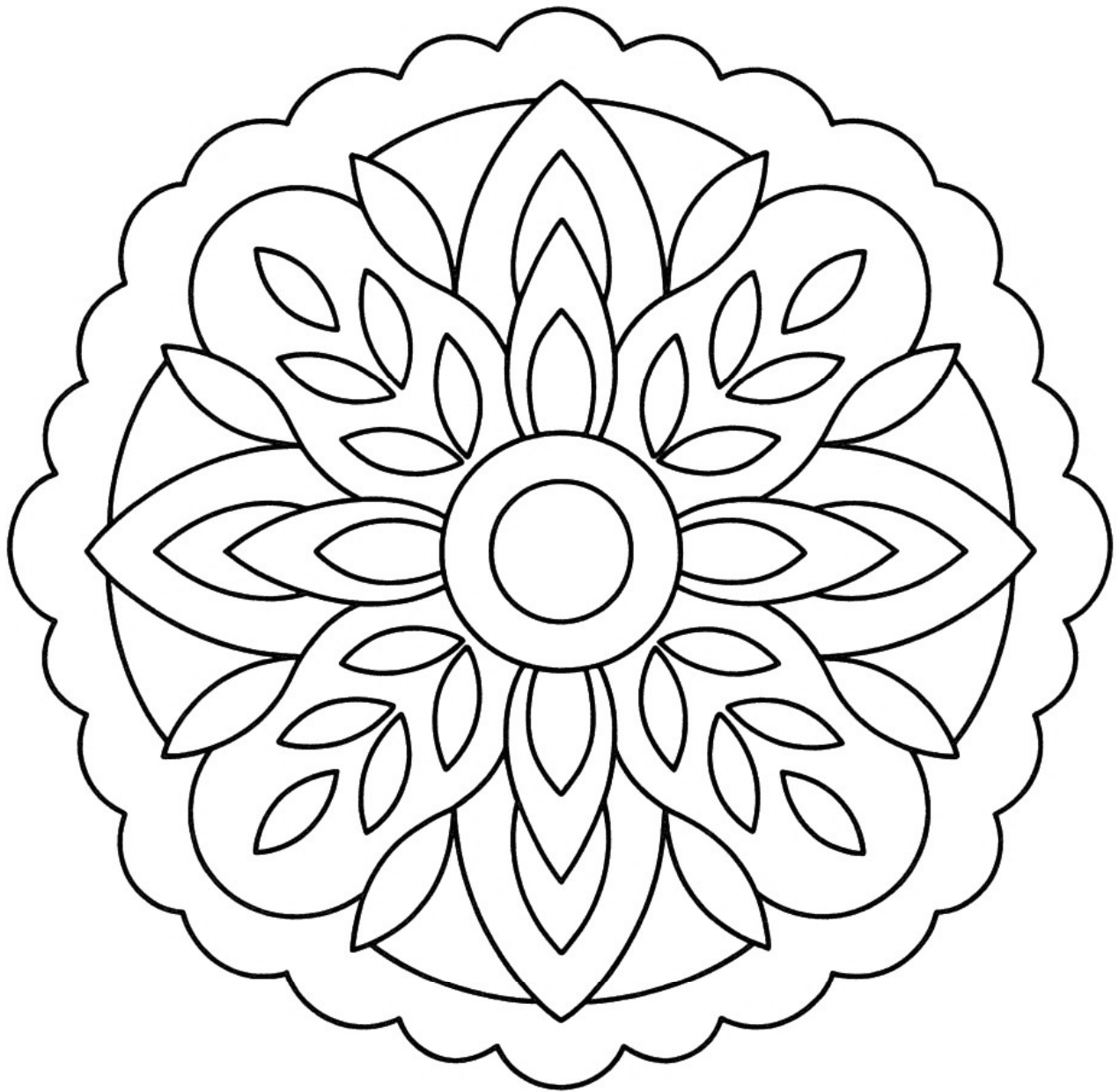
**I am kind to
myself and others**



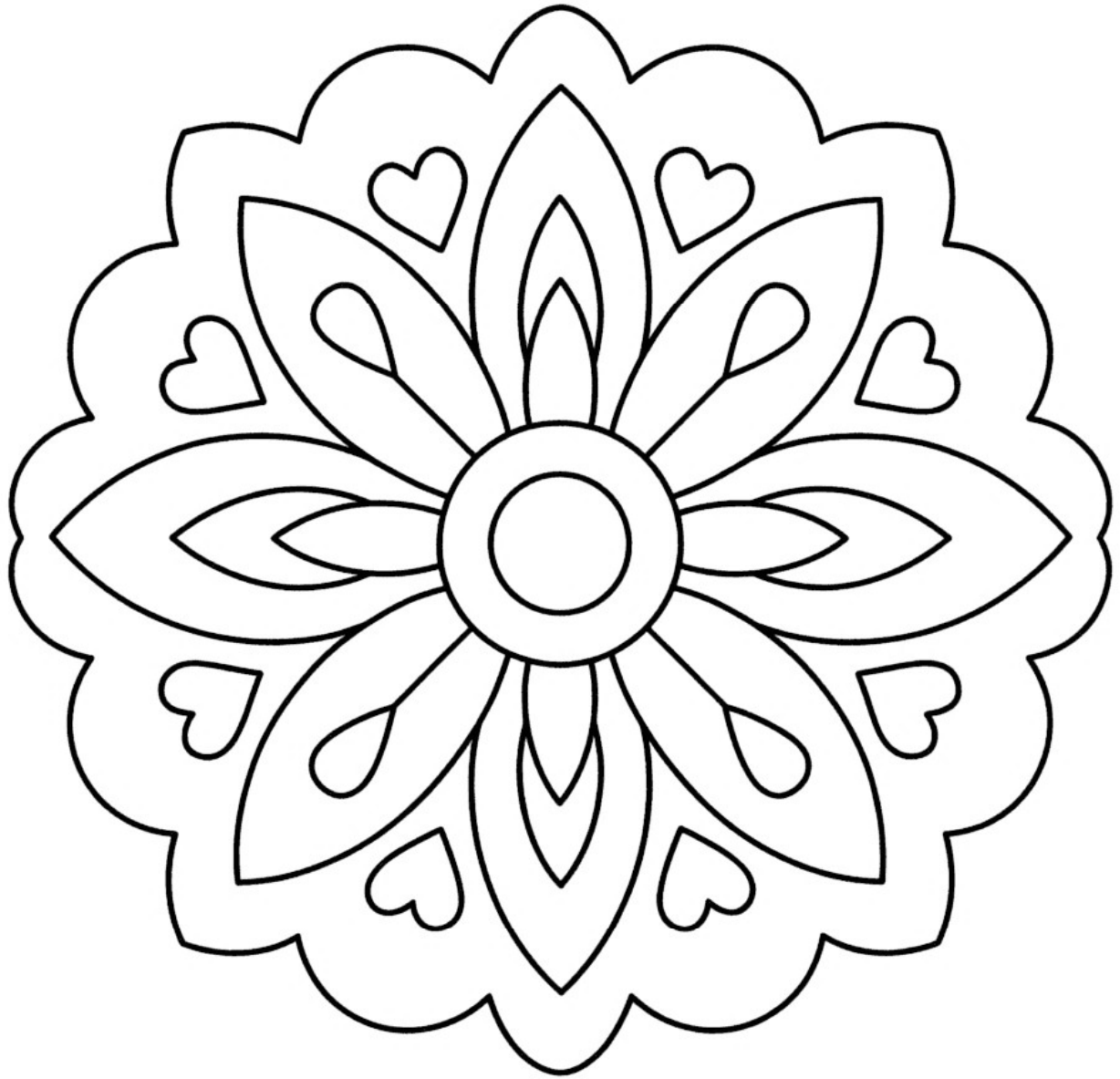
I am safe.



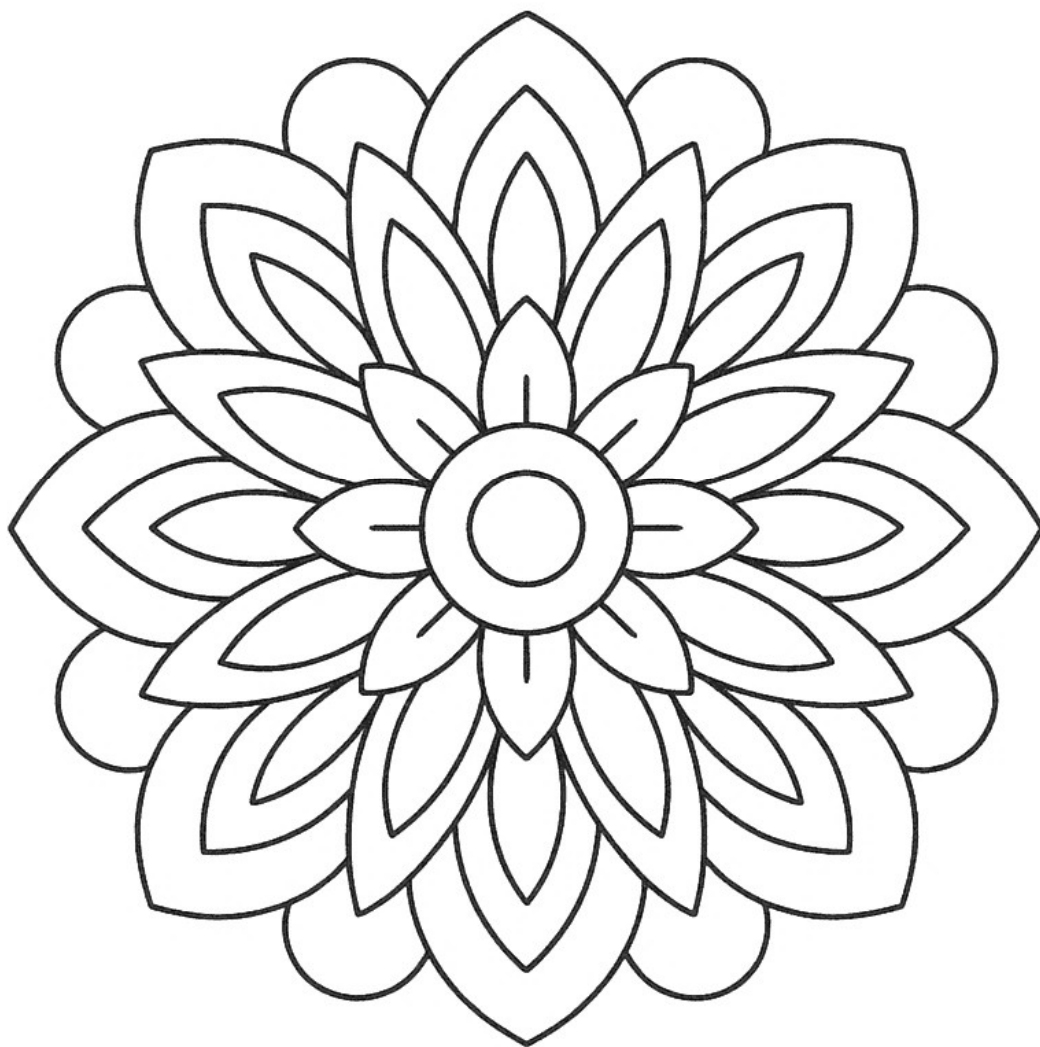
**I can do
hard things.**



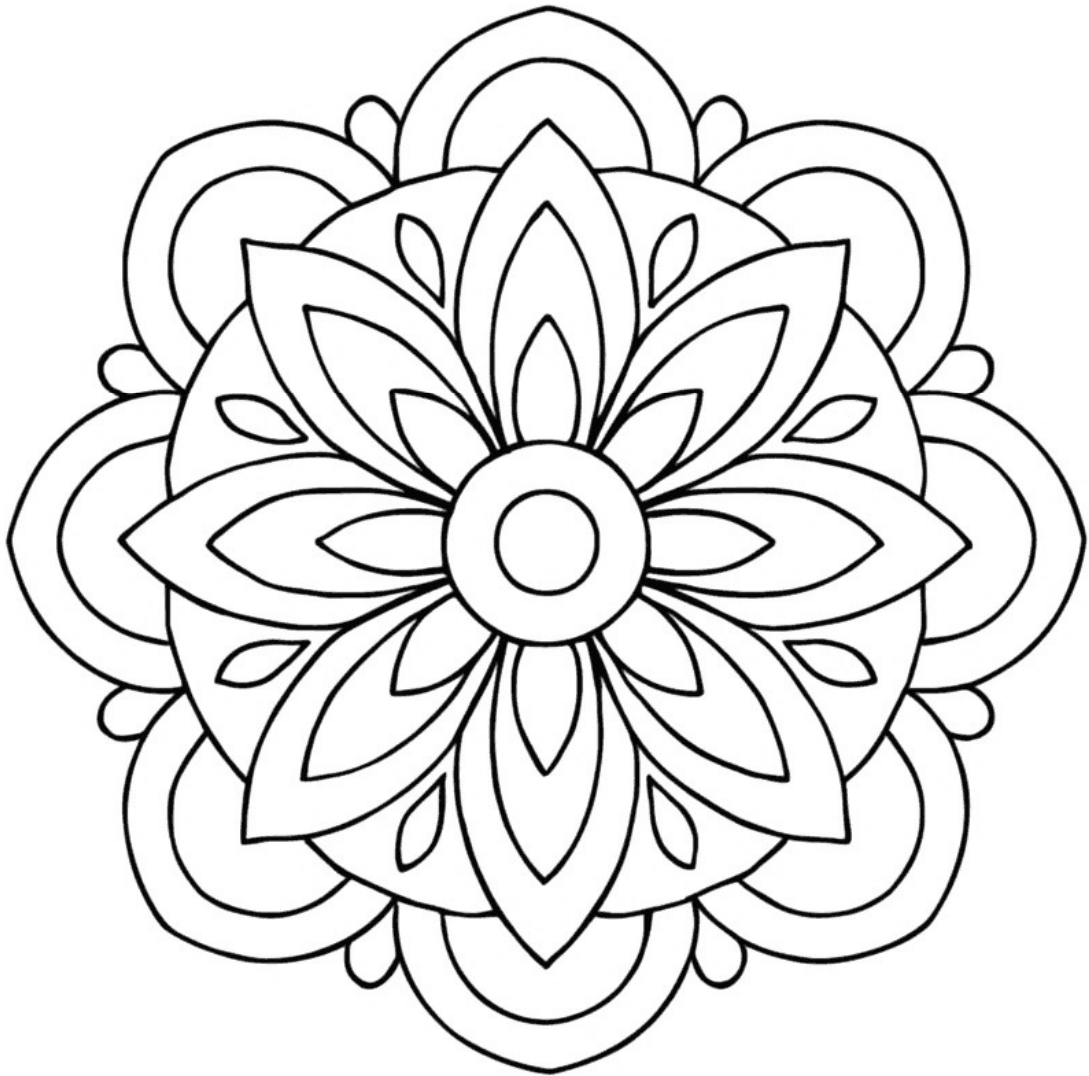
**I breathe in peace.
I breathe out worry.**



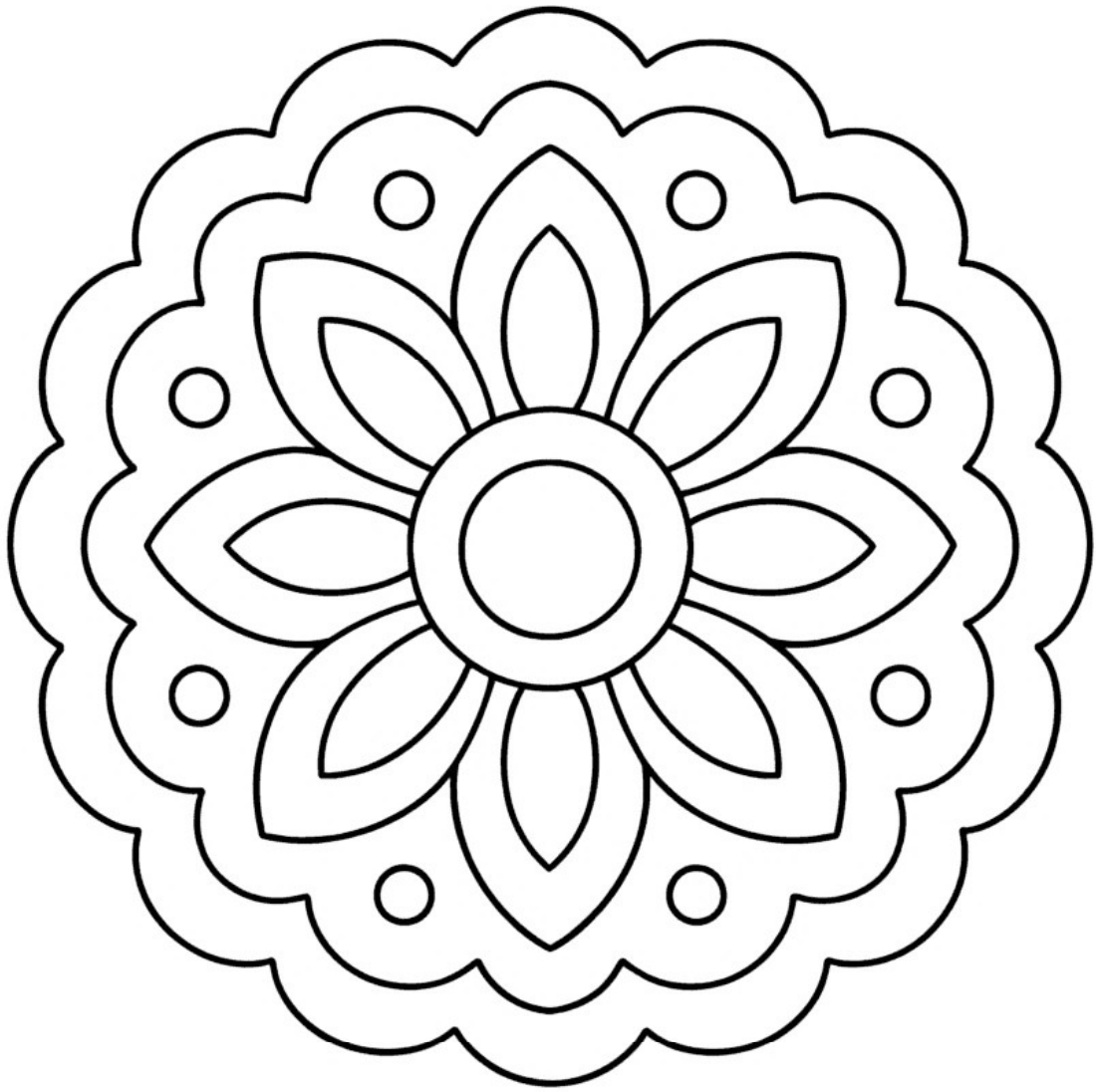
I am loved.



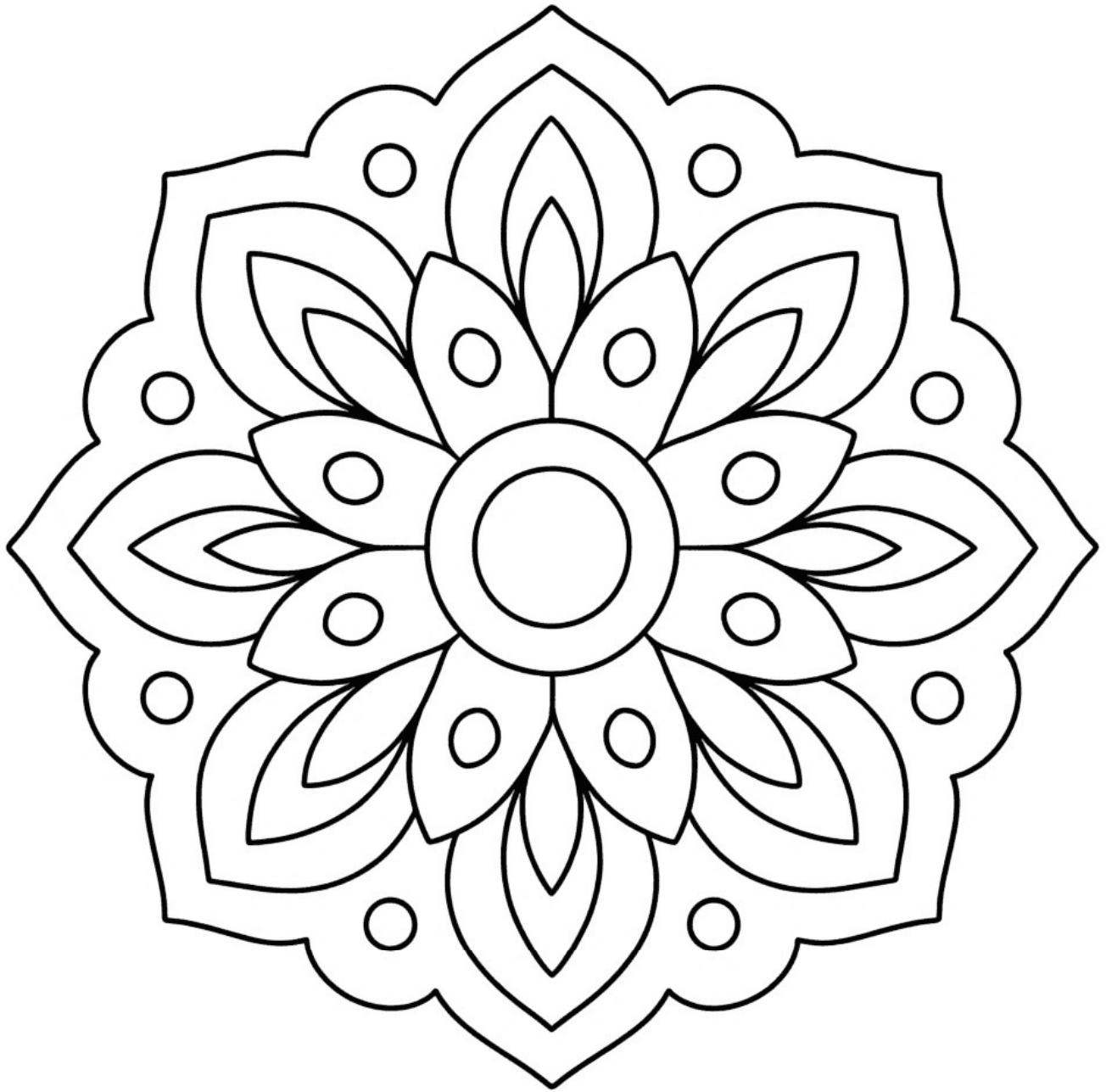
**I can take a
deep breath
and try again.**



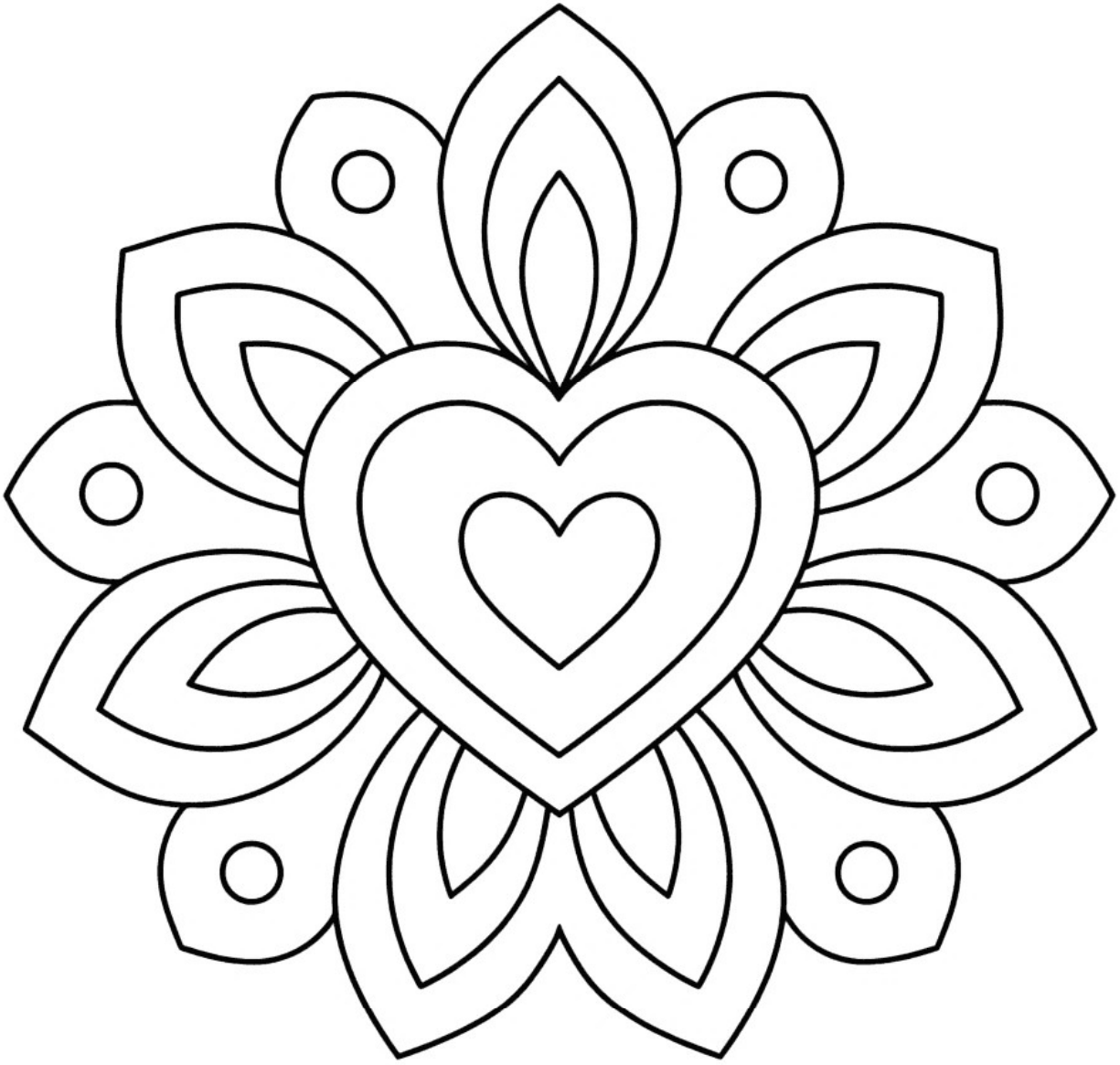
**I am
strong.**



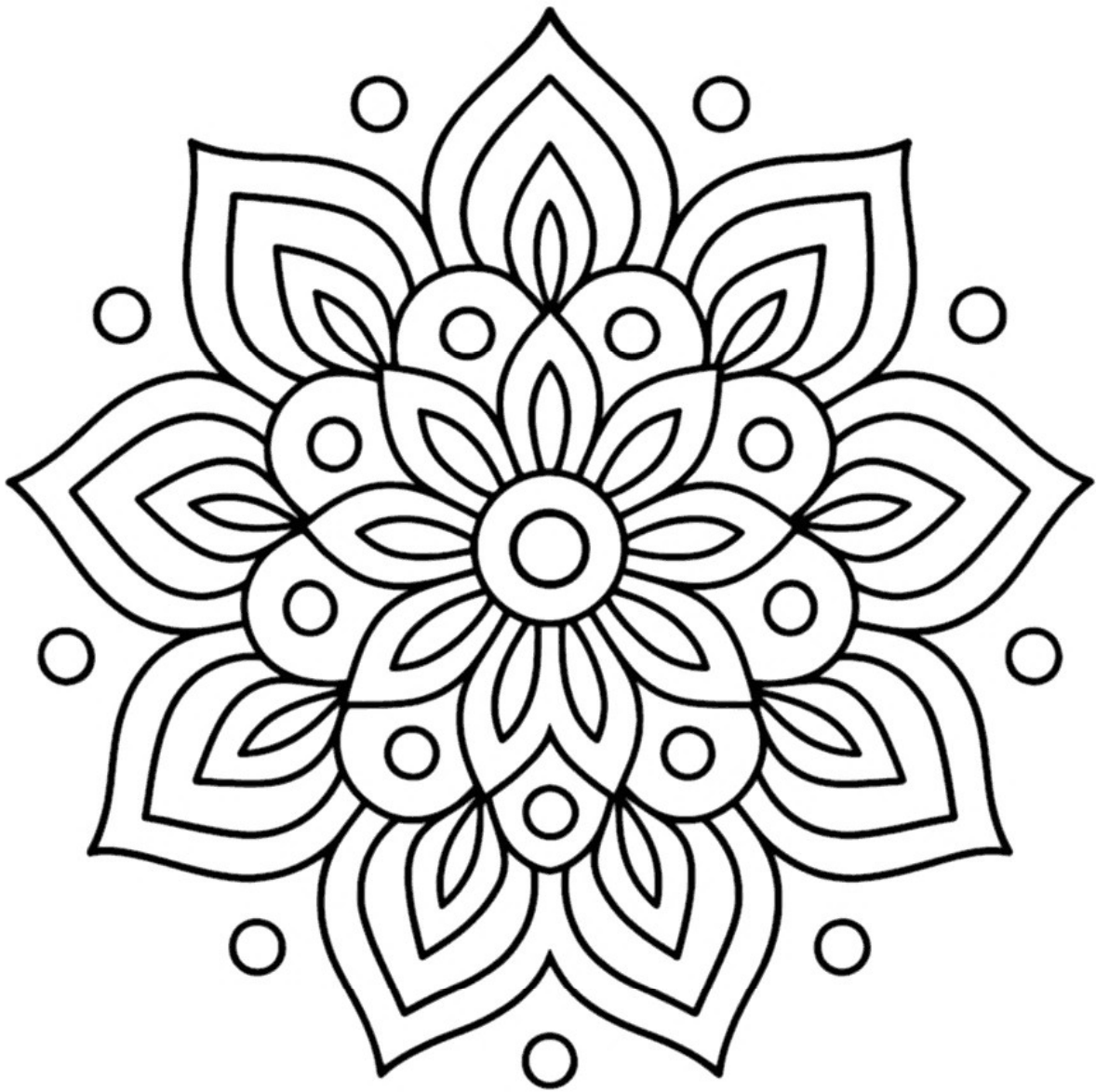
**I choose
to be happy.**



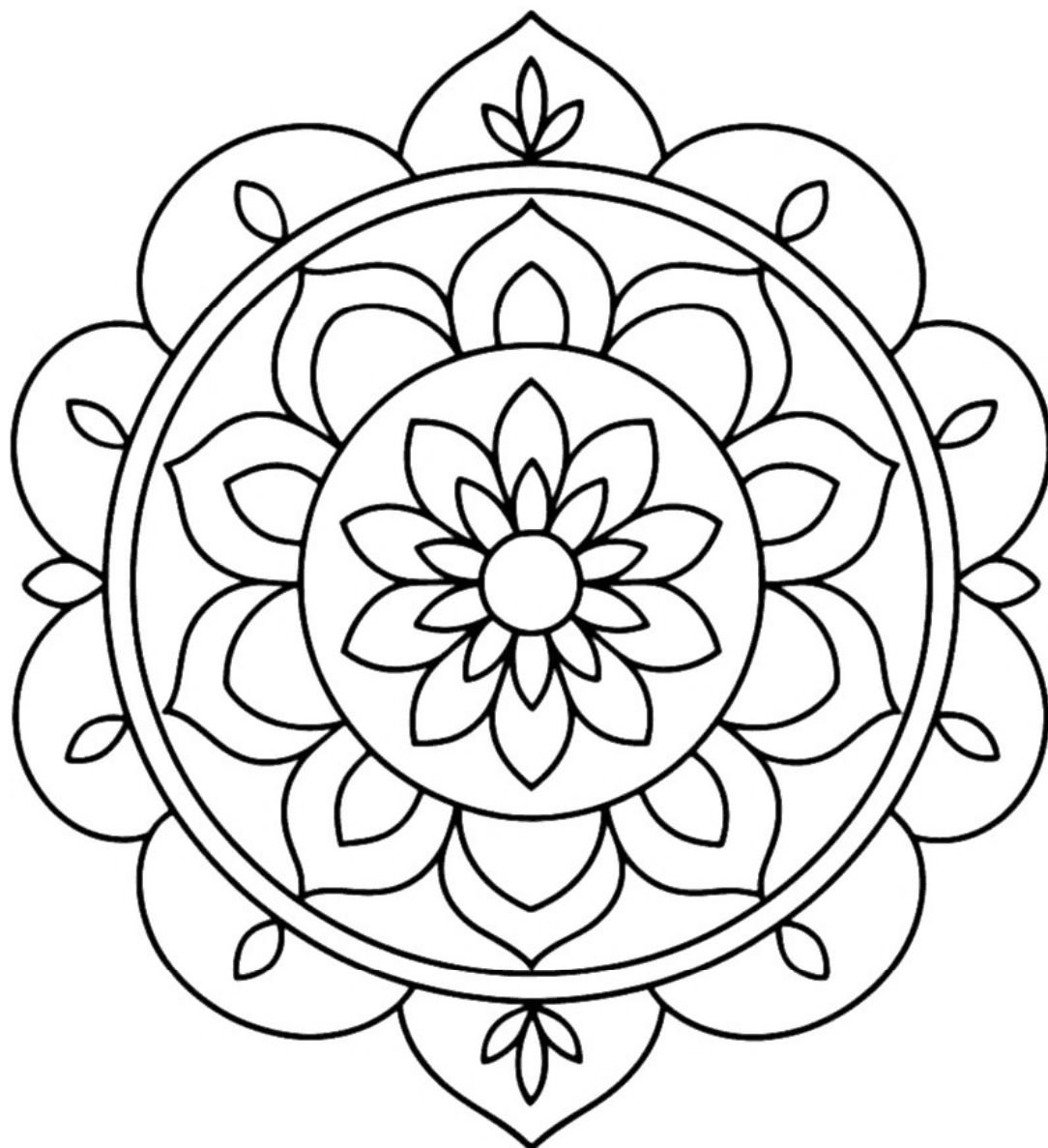
**I am proud
of who I am.**



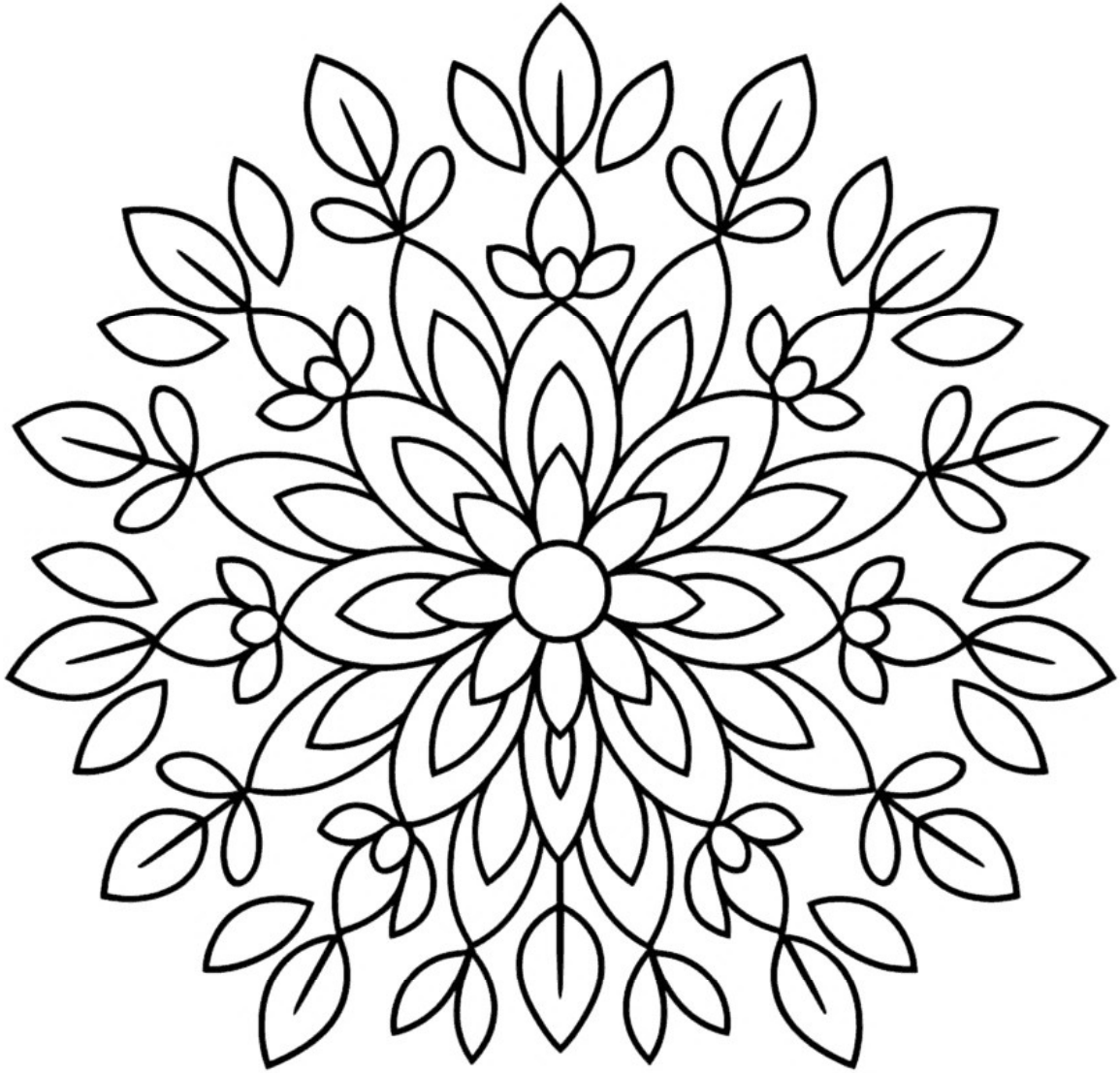
**I listen to
my heart**



**I can handle
big feelings.**



**I believe in
myself.**



**I am growing
every day.**

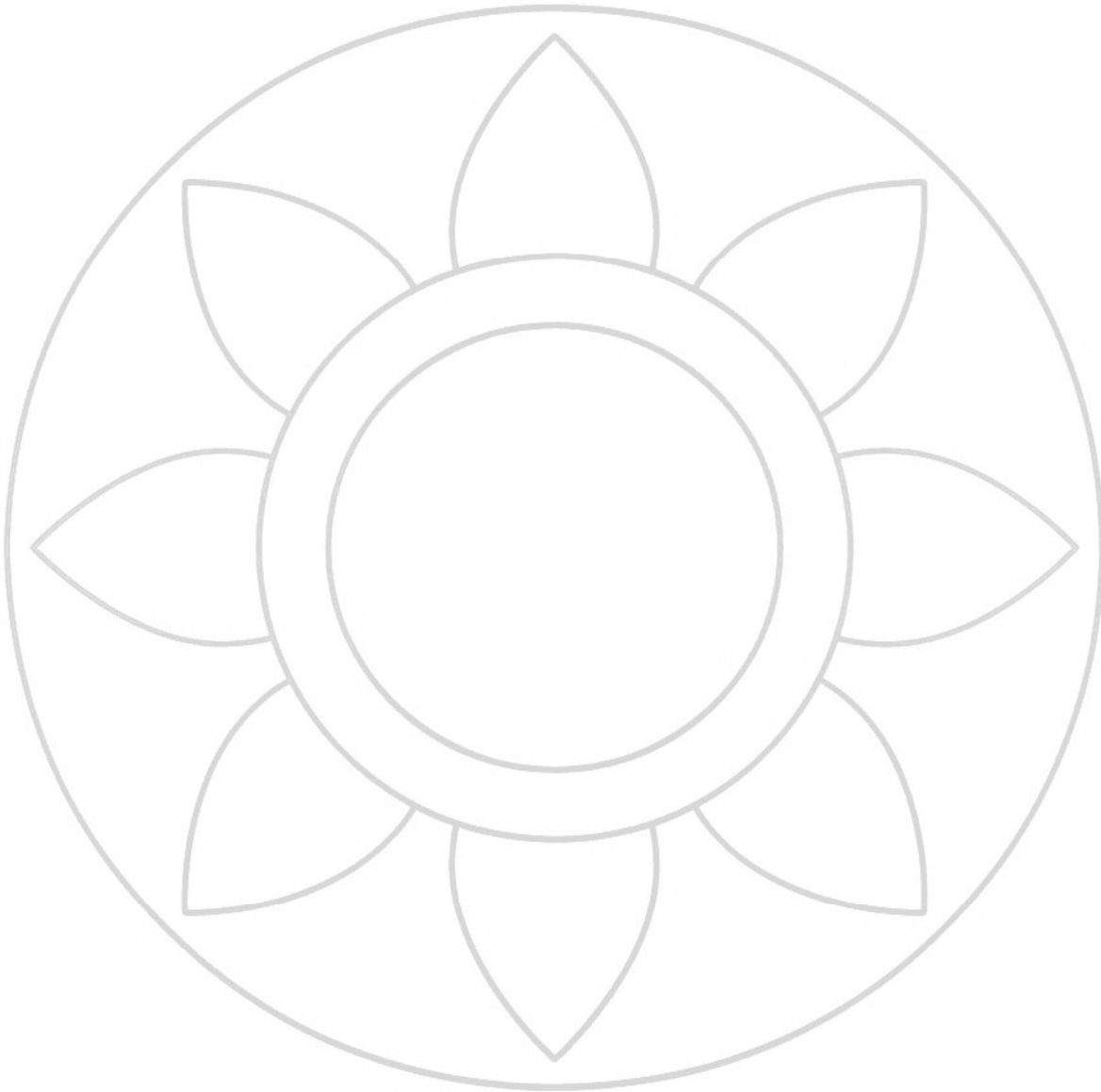


**I give myself a
hug when I need it.**



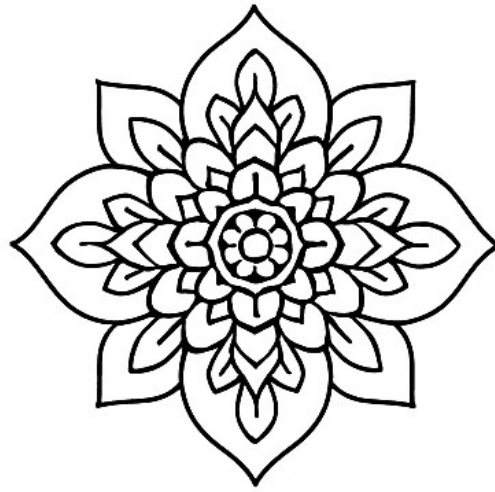
**I shine bright
like the sun.**

Design your own calming mandala!



write your favorite affirmation:





I FINISHED MY MINDFULNESS COLORING BOOK!

Name

Date

