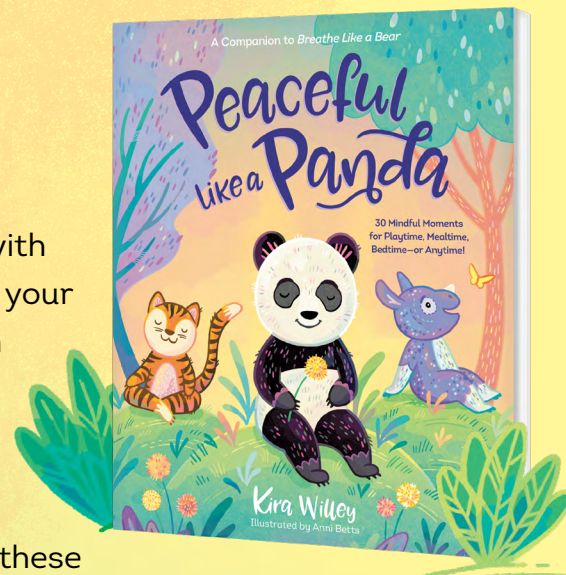


🌿 Note from the Author

Why practice mindfulness with children?

Perhaps you're looking for a meaningful way to connect with your child, one that will help you feel fully present. Maybe your child needs to learn how to release tension and cope with anxiety in these stressful times. If you're a teacher, your students might be having a hard time focusing, especially since many kids are having tons of screen time.

Mindfulness has been proven effective at helping with all these things and more (including promoting better sleep, boosting the immune system, and improving the symptoms of depression).



Discover more ways to be mindful!

My children's mindfulness book, *Peaceful Like a Panda*, which is organized by time of day, makes it incredibly easy to fit mindfulness into even the busiest routines. In the morning, flip to the Rise and Shine section, and get energized with "Wake-Up Wiggle" or "Sun Breath." At schooltime, focus kids' attention with "Puppy Shake" or "Flamingo" from Brain Boosters. And with the fun activities in Are We There Yet?, you can carve a mindful moment out of any train, car, or bus trip.

Lots more fun, easy exercises from the Playtime, Let's Eat, and Good Night chapters will help kids focus their energy, practice social-emotional skills, and calm themselves down.

Two essential tips for you: First, keep mindfulness practice short, fun, and consistent. Second, be sure you're doing them as well—kids learn best by imitation, and you'll get all the benefits, too!

I hope you and your child enjoy this kit of coloring pages and mindful activities, inspired by *Peaceful Like a Panda*!

Kira Willey



Pre-Storytime Calming Activity

Try this easy, fun exercise to help your child settle down for storytime (or whenever it's time to chill out). It will help children quiet their bodies, soothe their minds, and release any anxiety they might be feeling from the day.

Owl Breath

Imagine you're an owl.

Sit up tall, and tuck your wings in to your sides.

Puff out your owl chest.

Open your eyes wide. Blink a few times.

Take a long breath in. Very softly, say "Hooo . . ."

Take another long breath in.

"Hooo . . ."

Blink your eyes a few times.

Take a long breath in. Really softly, say "Hooo . . ."

Once more, take a long breath in.

"Hooo . . ."

Gently shake out your wings.

Hold your body still.



Sun Breath

Here's a sunny, mindful way to start the day. When you're done, color in your sun any way you want to!



Imagine you're the sun.

Take a big breath in, and as you let it out, send out your rays of sunshine.

Do it again. Take a big breath in, and as you let it out, send out your rays of sunshine.

Send them out in front of you . . .
and out behind you.

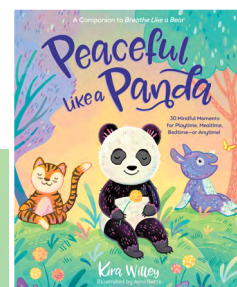
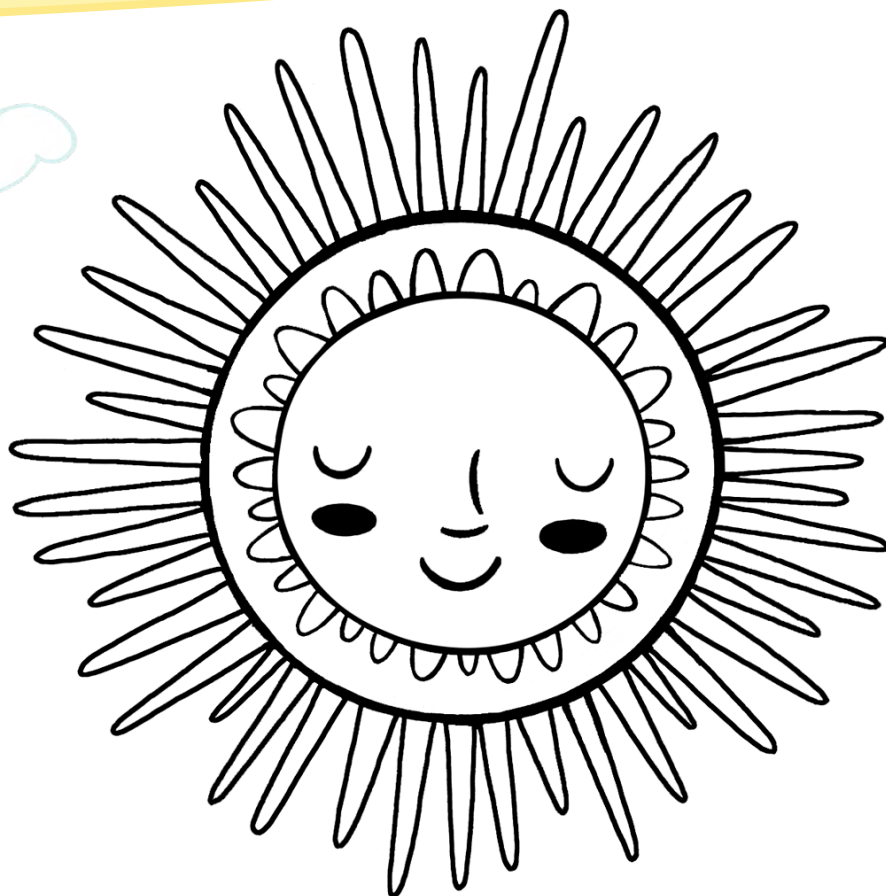
Send them out to the left . . .
and out to the right.

Send sunshine out in a big circle
all around you.

You're spreading sunshine
everywhere!

Feel it getting brighter and warmer all
around you, every time you breathe
in and out.

Time for a sunny day!



I Am Smart!

Affirmations are simple, positive statements that can give us confidence and help motivate us. Try this exercise any time you need a boost, like before starting school. And then create your own affirmation below!

Take a long breath in, and let the air all the way out.

Say "I am smart."

Breathe in, and breathe out.

Touch one hand to your head, where your smart brain is.

Say it again: "I am smart!"

Breathe in, and breathe out.

Touch the other hand to your head, where your smart brain is.

Give your head a little pat.

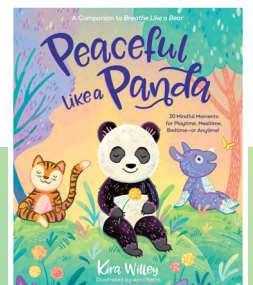
Say it again: "I AM SMART!"

Bring your hands down.

Take a long breath in, and let it all the way out.

Pick your favorite positive word, and create your own affirmation!

I am ... _____



Thanks for the Food!

It's important to say thank you to the people who help us, and to express gratitude for the things we have. A great way to start is to think about the food we eat and where it came from. Try this exercise below, then write your own thank-you note!



Take a long breath in, and let it all the way out.

Someone grew the food you're eating today.

Say thank you to the person who grew it.

Someone put your food in a package.

Say thank you to the person who put it in a package.

Someone served you that food.

Say thank you to the person who served it to you.

Take a long breath in, and let it all the way out.



Write someone a thank-you note. It can be to someone you know, or someone you don't! Then ask for an adult's help to cut it out and deliver it!

Thank You! _____



Good Night, Worries

It can be hard to rest when something is bothering us. Here's an exercise that can help us let those things go so we can relax. When you're done with the exercise, be sure to write or draw your worries in the box below.

Imagine you have a little box in your hand.

It will hold all your worries so you can have a good rest.

Do you have a worry?

Say it out loud.

Then put it into the box.

Do you have another worry?

Say it out loud.

Then put it into the box.

Say all your worries out loud.

They can be big worries, or they can be small worries.

Put them all into the box.

Now put the top on tight!

Put the box somewhere safe, or have a grown-up hold it for you.

You don't have to think about those worries now.

You can rest.

Good night!

You can draw or write your worries in this box. Give it a try!

