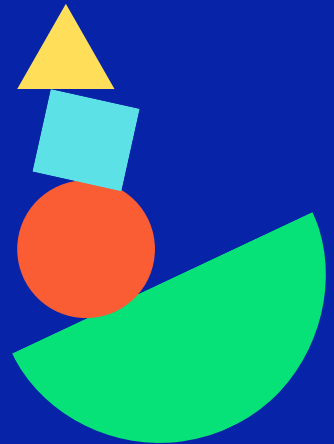


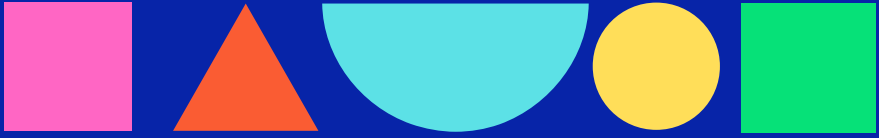
Mindfulness Journal For Kids

Balancing Emotions Through Mindfulness



Ligeia Vagharshagian

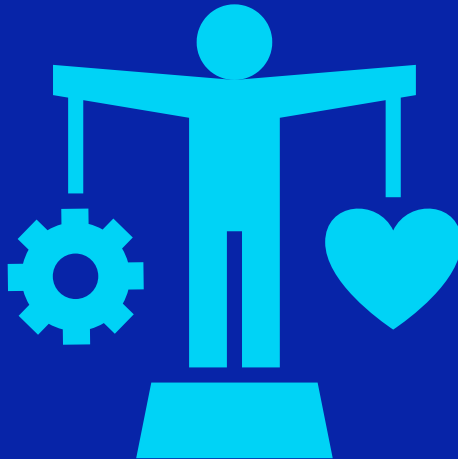
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What We Will Learn

We all have feelings. When we have strong feelings, it can seem like our feelings control us.

Today, we will learn some fun ways to help us balance our feelings.



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What Are Feelings?

Feelings are emotions. They're what you feel inside yourself. They can feel good, happy and pleasant or bad, upsetting and uncomfortable.

What are some of the feelings you have?



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Let's Think About Our Feelings

When we have a big feeling, we can stop and think about what we are feeling before we act.

This can be hard for us to do. It's hard even for adults (including your teacher).

Let's look now at things we can do...



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Calm Yourself



Once we pause, we can try some ways to calm our big feelings.

1

Take some deep breaths. You can even count in your head or close your eyes and imagine your favourite place.

2

Tell someone your feelings or ask for help.

3

Move your body by wiggling around, jumping, or shaking your arms and legs.

4

Draw a picture, read, ride your bike, or do something you enjoy.

5

Take a break. Go for a walk or find a comfortable place to sit alone for a bit.

6

Think of something that makes you happy.


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Ask Yourself


Once you are calm see if you can answer these questions.



What went wrong?



Why?

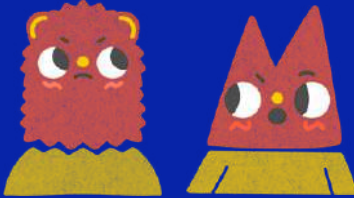


How can I fix it or feel better?

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Let's Practise Balancing Our Emotions



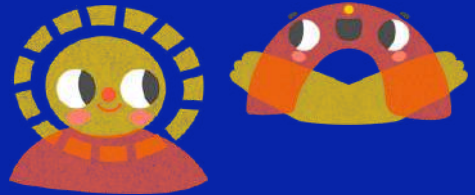
Remember a time when you were really upset.

Can you describe what feelings you were having?



How did you act and behave?

Could you do something differently?



It will take practice to learn how to show our big feelings in a positive way. Go to the next page for a fun way to help with big feelings.

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WHAT IS MINDFULNESS?

Mindfulness is focusing your thoughts on where you are right now and enjoying it. It's having fun and being happy with what you're doing at the moment.

BEING MINDFUL...

- makes you better at thinking and using your imagination.
- makes you happier and you'll feel better about yourself.
- helps you have less stress and worry.
- helps you sleep better.
- helps you show your big emotions.
- helps you to decide and act right.

MINDFULNESS IS A SUPERPOWER.

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FUN WITH YOUR FIVE SENSES

Use this 54321 exercise to help you focus on the present moment and tune in to what is happening around you.

5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE



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MINDFULNESS ACTIVITY



Practise mindfulness while gardening. Ask a grownup to guide you on sowing seeds, watering seedlings, or pulling weeds. Pay attention to what you're doing and the sights, sounds, and smells, of the gardening.

What did you feel in your body and think in your mind during this activity? Did your mind wander? What did you think about?

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MINDFULNESS ACTIVITY

Sit straight on a chair or on the floor. Keep your back and your shoulders relaxed. Close your eyes. For five minutes, do this - breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you breathe in, think of love, joy, and peace. As you breathe out, let go of sadness, boredom, anger and tiredness.



What did you feel in your body and think in your mind during this activity? Did your mind wander? It's okay if it does, you just come back to your breathing. What did you think about?

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MINDFULNESS ACTIVITY



Practise breathing to calm your body and your mind. Take full breaths by tracing the lines with your finger on the triangle picture as you breathe in and out.

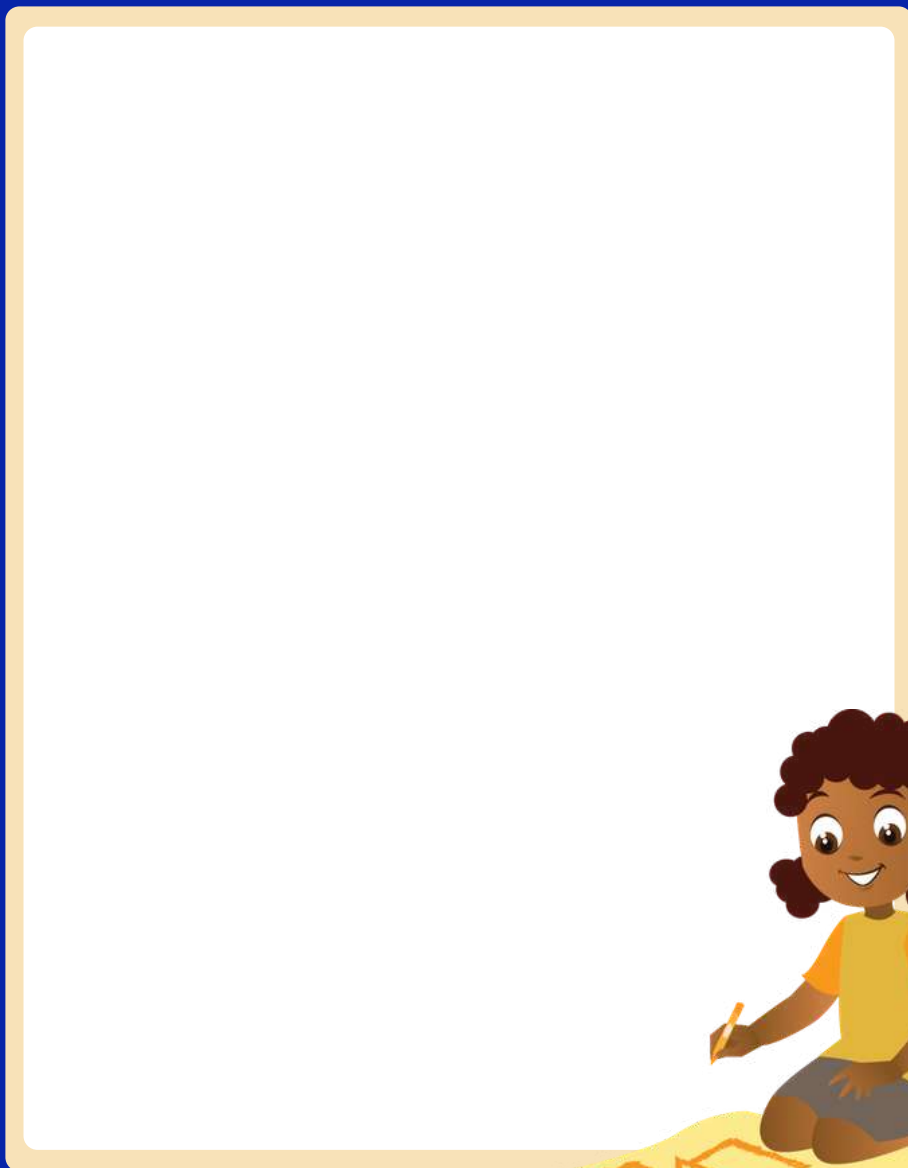
What did you feel in your body and think in your mind during this activity? Did your mind wander? It's okay if it does, you just come back to your breathing. What did you think about?

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MY THOUGHTS

Write or draw any thoughts that keep coming up.

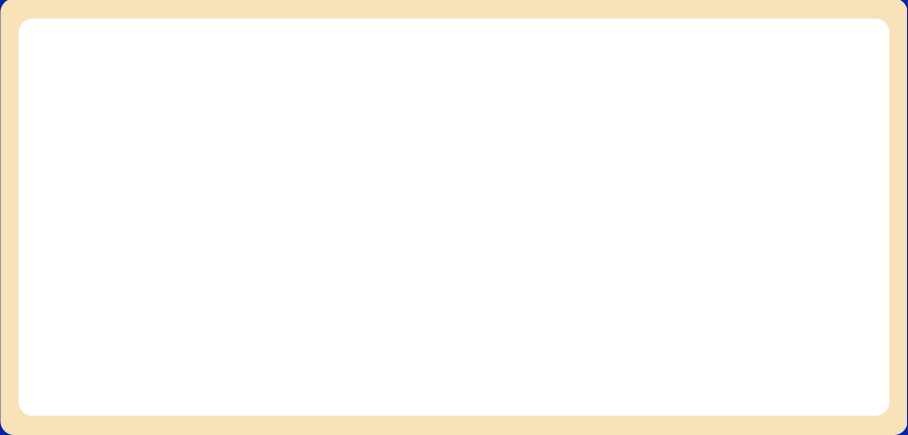


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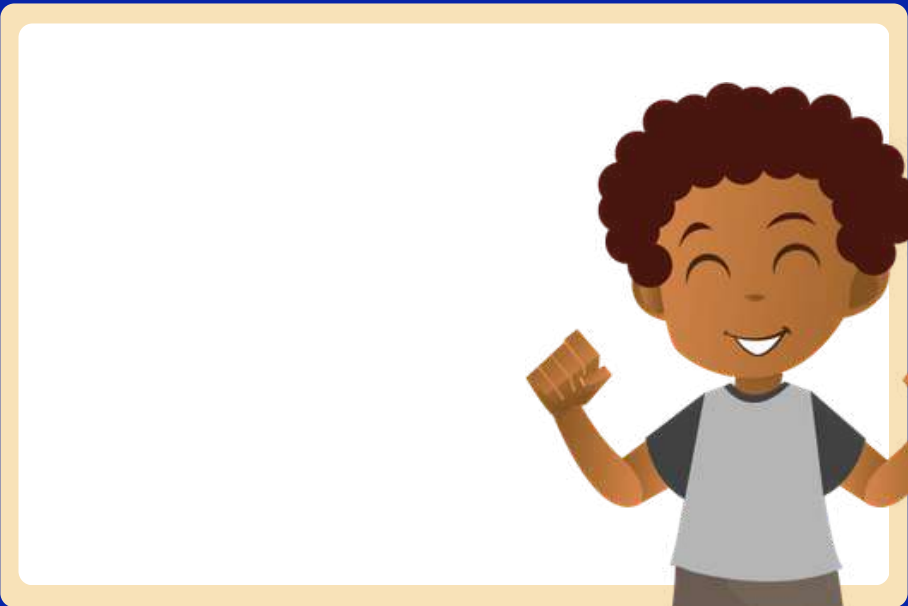
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FEELING HAPPY

Write down five things that make you feel happy.



Describe your happy place. What do you see, hear, feel, and smell in your happy place?



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COPING WITH ANGER

Write down five things that make you feel angry.

Write down five things you do to calm down.



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MY WORRIES

Write down all of your worries that keep coming up.



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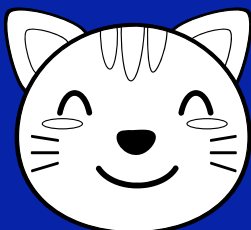
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ABOUT TODAY

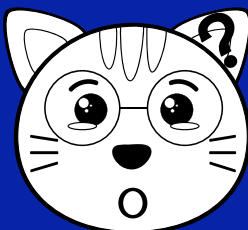
Things you are thankful for today:

How do you feel?

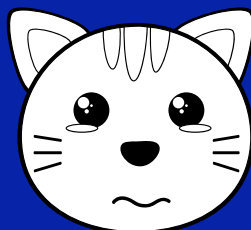
Colour in your current mood:



happy



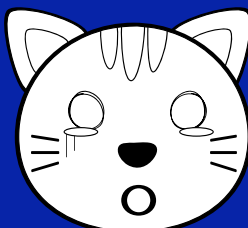
confused



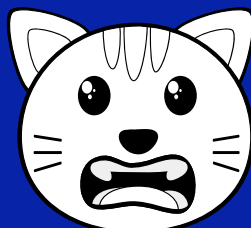
sad



scared



tired



upset

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**ENJOY YOUR
FEELINGS**



**AND KEEP
PRACTISING
MINDFULNESS**



**DID YOU ENJOY THIS?
GET YOUR PARENTS
TO SUBSCRIBE FOR
MORE**

[HTTPS://SUBSCRIBEPAGE.IO/FLUID-LIVING](https://SUBSCRIBEPAGE.IO/FLUID-LIVING)

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