



The Little Seeds Starter Pack

3 Simple Activities for Calm & Courage



Quick 5-Minute Mindfulness Tools for Busy Families



Tool 1: The Dragon Puff Breath

When your little one feels scared or small, their body can feel tight and frozen



1. **Posture:** Sit up tall like a brave dragon, with paws (hands) resting on the knees.
2. **The Inhale:** Breathe in slowly through the nose, gathering your air (and courage!) deep inside your belly.
3. **The Exhale (The Puff):** Lean slightly forward and breathe out fast and strong through your mouth, making a soft “Hooooooo” sound (like a gentle dragon puffing smoke).
4. **Practice:** Do 3 powerful puffs.

“Your breath is your magic power! Courage grows one steady puff at a time.”



Tool 2: Color the Calm Cloud

Sometimes our big feelings look like a dark, rumbling storm cloud!"



The Storm:

Draw or color the heavy feeling inside it (e.g., mad, sad, frustrated) using colors that match the emotion.



The Calm:

Draw or color the things that help the storm soften (e.g., a quiet moment, a hug, a breath) using light, soft colors.

Ask: What is the first thing we can do to help the storm cloud get a little softer today?"

"Every emotion changes. When you notice the storm, you can help the sunshine return."



Tool 3: My Heart's Check-In

Name It

How do you feel today?



Happy



Sad



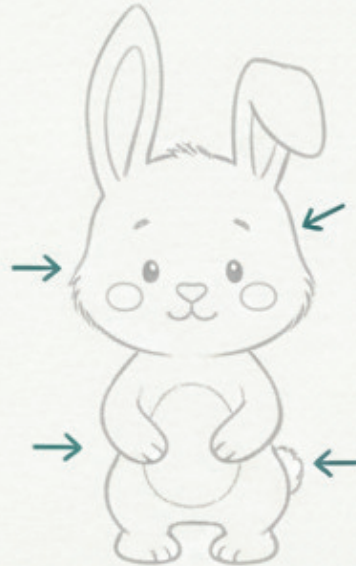
Angry



Calm

Where Is It?

Can you find where you feel your feeling?
Color or circle the place
where you feel your feeling.



What I Need:

Point or circle the one you feel is needed now.



A Hug



A Brave Puff



A Rest



A Quiet Story



**"All feelings are welcome. When you notice
and name them, they can't surprise you!"**



Little Seeds of
Mindfulness

Continue the Journey: Plant More Seeds!



Ready to give
your child more
tools for calm,
kindness, and
courage?



"Every small moment of calm you share is
a little seed planted. Watch them grow."



Little Seeds of
Mindfulness