

# Create Your Own Mini Mindfulness Book!

(Cut out the pages below and staple together)

Summertime Projects:

## I Can Be Calm

Mini mindfulness book for kids. Scan code for more!  
(Call Summer Baldwin at 228-217-9860 for private lessons)



SCAN ME

This mini mindfulness book is all yours,  
draw your own cover in the space above!

### EXPLORATION 1: SAFETY

Where do I feel safe? Draw below:

1

### EXPLORATION 2: JOY

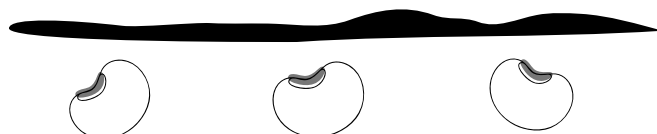
What makes me feel joy? Draw below:

2

### EXPLORATION 3: CONFIDENCE

What do I love about myself?

Draw flowers sprouting from your positive seeds:



I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

3