

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

EXPLORATION 1: SAFETY

Where do I feel safe? Draw below:

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

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:



3

I am _____ I am _____ I am _____