

mindful moments

AN ACTIVITY
BOOK FOR CALM,
CREATIVITY, AND
REFLECTION



PARENTS LEAD.ORG

what is a mindful moment?

It's a simple way to slow down, tune in, and connect—with yourself, your child, and the world around you. For families, a mindful moment might look like:

TAKING A FEW
DEEP BREATHS
TOGETHER

NAMING HOW
YOU'RE FEELING AND
CHECKING IN
WITH EACH OTHER

SHARING
THINGS YOU'RE
GRATEFUL FOR

Parents Lead is a program created to support parents, caregivers, and families as they guide their children's healthy development—emotionally, mentally, and socially.

Research shows that when parents and caregivers are present, engaged, and supported, kids thrive. That's why Parents Lead provides easy-to-use tools, tips, and activities that help strengthen family relationships, encourage meaningful conversations, and support children's overall well-being

Whether you're navigating big emotions, helping your child through challenges, or simply looking for fun ways to connect—**Parents Lead is here for you.**



What's Inside



Daily Prompts: Simple questions like, “What made you smile today?” to help spark conversation.



Mindful Moments: Simple exercises that teach kids how to slow down and breathe when things feel overwhelming.



Feelings Chart: An effective tool that helps kids recognize and name their emotions.



Draw & Share Activities: Creative ways for kids to express what they're feeling through art.



Family Connection Challenges: Fun tasks that promote bonding and build resilience together.

Activity Purpose

To help children recognize and express their emotions while giving parents and caregivers a natural way to check in and connect each day.

Instructions

Each day, take a few minutes—maybe at dinner, bedtime, or during a car ride—to ask your child:

“What’s one feeling you had today, and what made you feel that way?”

Use the “Mood Tracker Faces” to draw the face, or just talk about it out loud. It’s okay if your child doesn’t have a big answer—what matters is showing them that it’s safe to share how they feel.

Examples of follow-up questions

- 1 What did your body feel like when you had that emotion?
- 2 Was it a good feeling, a tough one, or a mix?
- 3 What helped you handle that feeling?
- 4 Is there anything you want to do differently tomorrow?



Tip

Try making the faces together—smile, frown, or show surprise! It helps kids connect feelings with real-life expressions.

Mood Tracker Faces



Happy



Calm



OK



Disappointed



Worried



Scared



Sad



Angry

Look at the faces on this worksheet. Each face shows a different motion — like happy, sad, or angry. Each day, think about you're feeling. Then, draw the face that best matches your mood. Remember all feelings are okay. This is just a tool to help you notice them.

Month: _____

SUN

MON








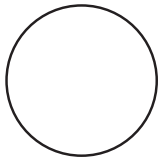
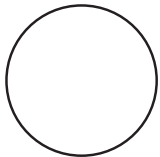
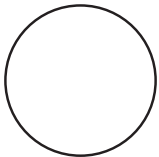
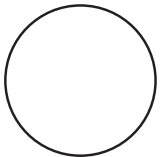
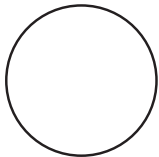
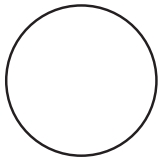
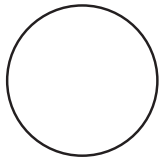







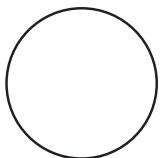
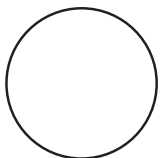
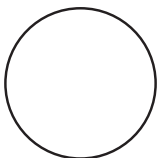
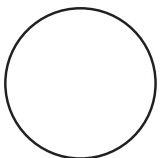
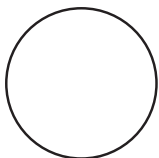
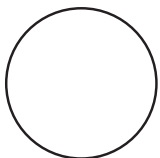
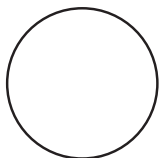







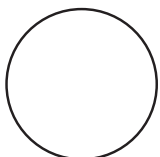
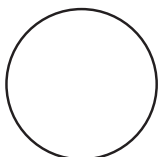
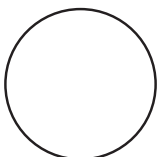
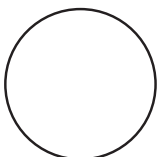
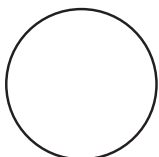
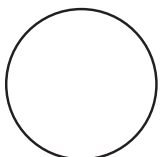
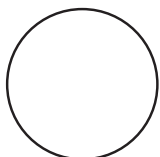







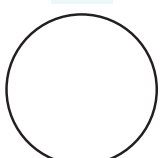
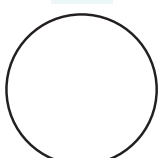
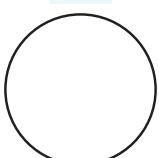
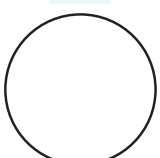
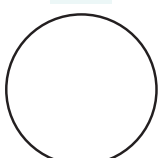
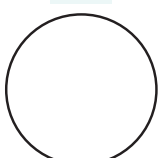
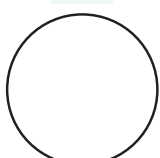







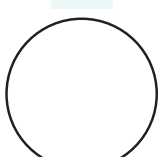
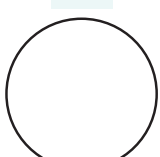
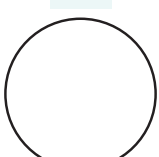
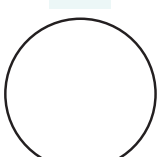
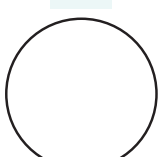
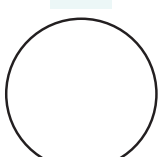
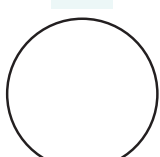
TUES

WED

THURS

FRI

SAT

Activity Purpose

To help children identify the people in their lives who offer support, love, and encouragement—building awareness of their personal support system and reinforcing emotional safety.

Instructions

Draw a large circle in the middle of the page. Inside the circle, draw a picture of yourself or write your name.

Around the circle, draw or list the people (and pets!) who help you feel safe, happy, and loved. This might include family members, friends, neighbors, teachers, coaches, or even a favorite pet or stuffed animal.

Use colors, drawings, or words—whatever feels right! Encourage your child to be creative and thoughtful.

This activity can be a great conversation starter and a visual reminder that they're not alone.

Examples of follow-up questions

- 1 What makes you feel safe or happy when you're with this person (or pet)?
- 2 Is there someone in your circle you'd like to spend more time with?
- 3 How do you show the people in your circle that you care about them?
- 4 Who do you go to when you're having a hard day? Is there someone you want to add to your circle? Why?

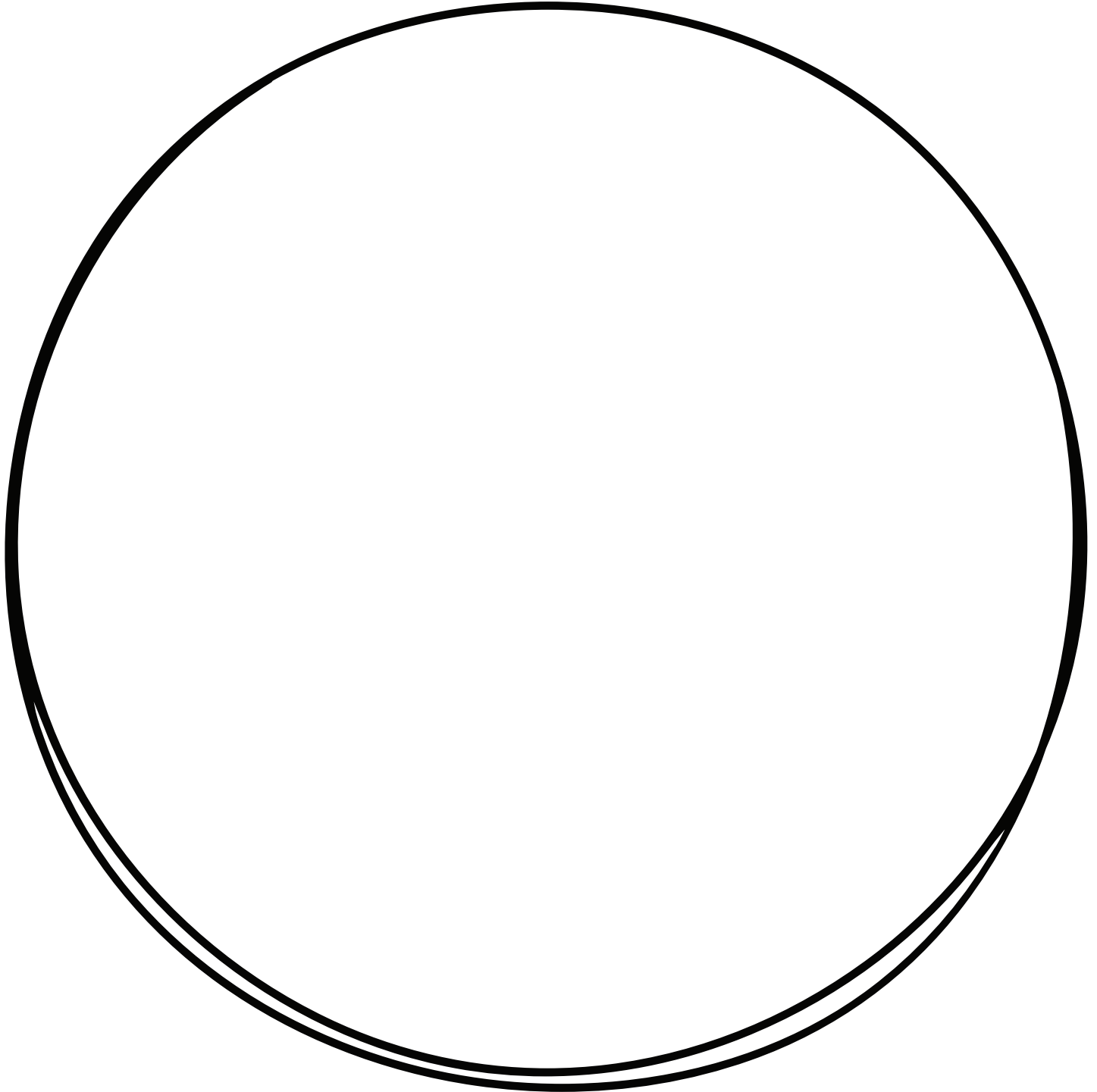


Tip

You can revisit this activity throughout the year and add new people as your child's relationships grow.

My Support Circle

Draw yourself in the center of the page. Around you, draw or list people who help you feel safe, happy, and loved (family, friends, teachers, pets).



Activity Purpose

To help children recognize and understand different emotions by exploring how feelings can be expressed through facial expressions and body language.

Instructions

Look at each face or figure outline in the activity section.

Read the short description below each one. Based on the description, complete the drawing to show what you think that emotion looks like.

What does their mouth look like?

What about their eyes or eyebrows?

Take your time—there's no "right" way to draw a feeling!

Examples of follow-up questions

- 1 What emotion did you think this person was feeling?
- 2 Have you ever felt that way? When?
- 3 How can you tell when someone is feeling this emotion?
- 4 What helps you when you feel this way?
- 5 Are some emotions harder to draw than others? Why do you think that is?



Tip

After finishing, invite your child to act out each emotion or talk about a time they've experienced it. This adds another layer of understanding and helps build emotional vocabulary.

Draw the Emotion

Read the description below each image and complete the drawing to show the emotion.



I'm happy



I'm sad



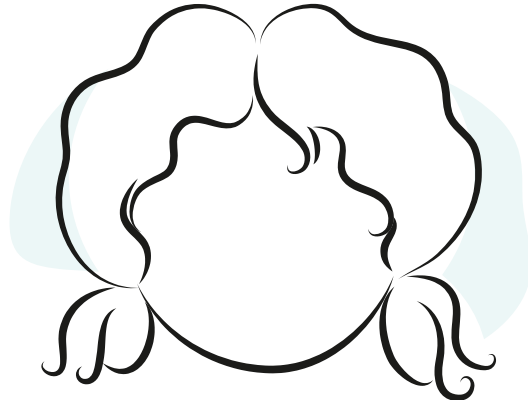
I'm sleepy



I'm afraid



I'm angry



I'm surprised

Activity Purpose

To help children practice gratitude by recognizing the people, experiences, and things in their lives that bring them joy, comfort, and a sense of appreciation.

Instructions

Start by drawing a big flower—any kind you like!

In each petal, write or draw something you're thankful for. It can be a person, a pet, a favorite toy or book, a happy memory, a place you love, or something simple like sunshine or music.

Add as many petals (or flowers!) as you want to grow your Gratitude Garden.

This activity is a fun and creative way to slow down and reflect on the good things in life—big and small.

Examples of follow-up questions

- 1 Which petal makes you feel the happiest? Why?
- 2 Was it easy or hard to think of things you're thankful for today?
- 3 How do you feel when you think about the things in your Gratitude Garden?
- 4 Is there someone you'd like to thank today? What could you say or do to show your gratitude?
- 5 Can you think of something you're grateful for that you didn't include? Let's add another flower!

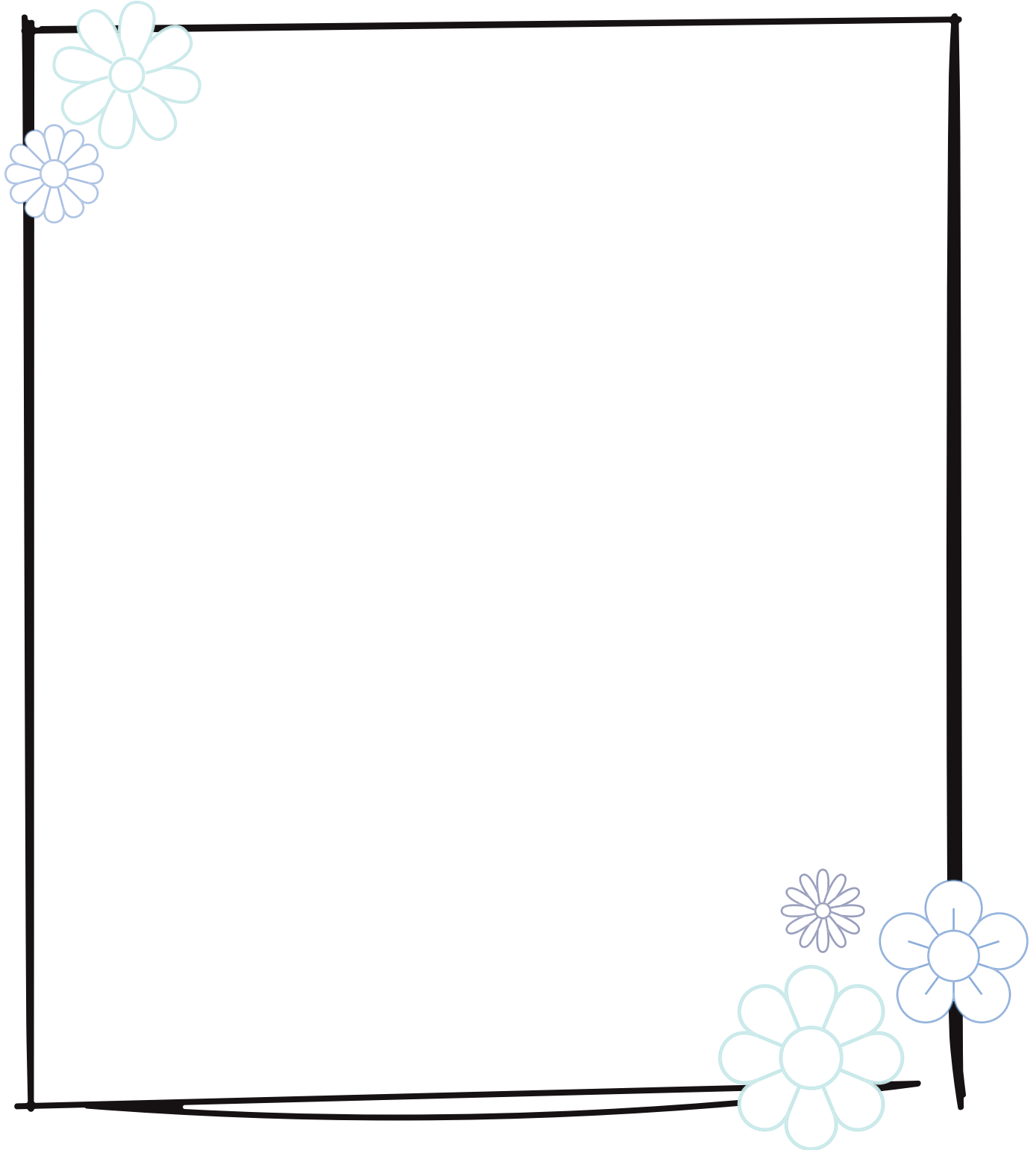


Tip

Hang your Gratitude Garden somewhere visible as a daily reminder of the things that make life brighter. Revisit it often and add new petals as your gratitude grows!

Gratitude Garden

Draw a flower and inside each petal, write or draw something you're thankful for — family, friends, pets, toys, books, etc.



Activity Purpose

To help children practice mindfulness and manage stress by using their fingers to guide slow, calming breaths.

Instructions

Hold up one hand, fingers spread like a star.

Use your pointer finger from the other hand to slowly trace around your fingers.

As you breathe in, trace up a finger.

As you breathe out, trace down the other side.

Keep going until you've traced all five fingers

Repeat as needed for calm and focus!

Examples of follow-up questions

- 1 How did your body feel before and after the activity?
- 2 Was there a finger that felt the most calming to trace?
- 3 When could you use five finger breathing during your day?

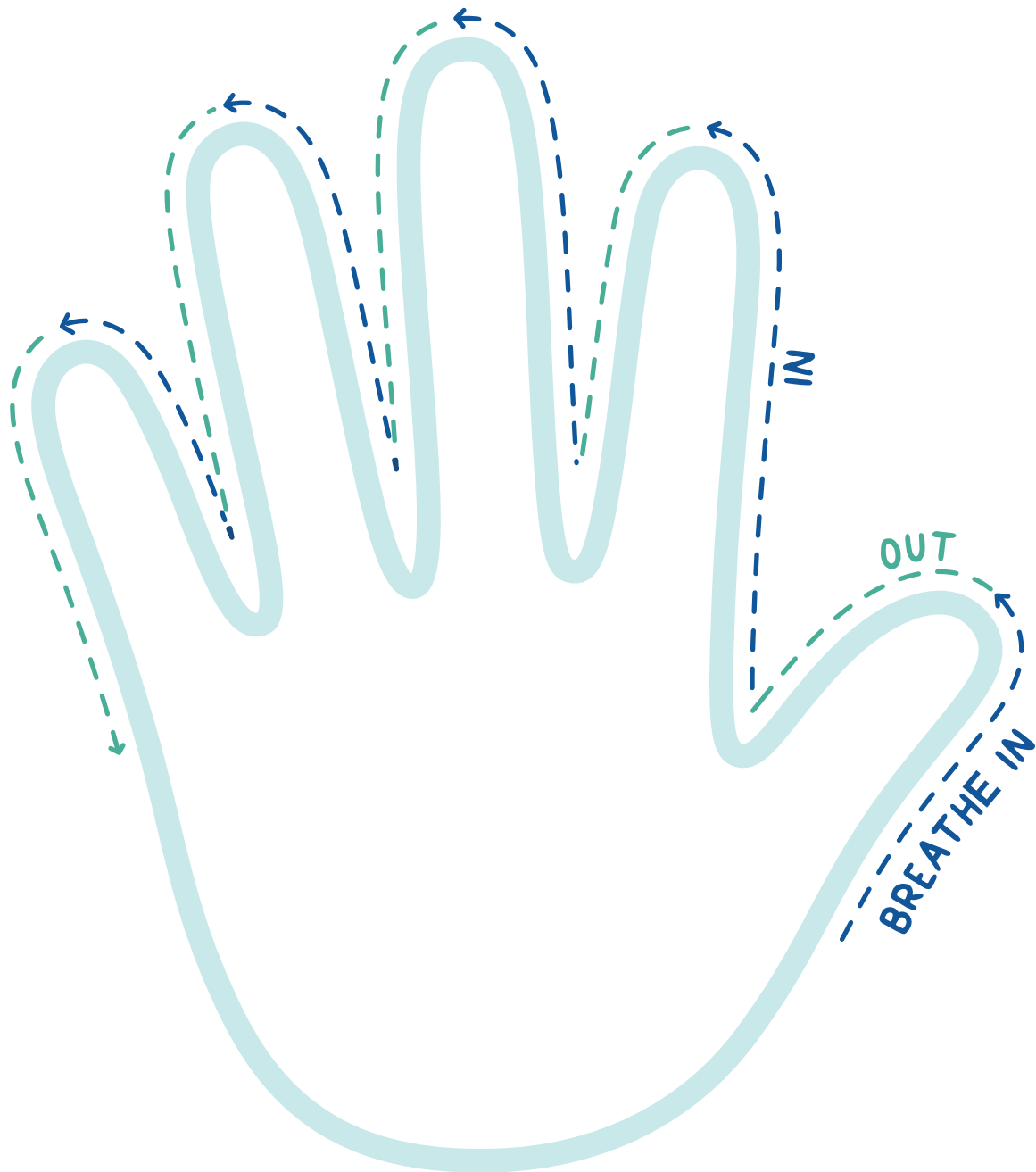


Tip

Practice together! Kids learn best by watching you. Five finger breathing is a great tool to use before bed, during a tough moment, or as a calm-down break anytime.

Five Finger Breathing

Open one hand with fingers stretched wide. With the pointer from your opposite hand, start at the bottom of your thumb and trace up to the top while slowly inhaling through your mouth. As you go down the other side, exhale through your nose. Continue up and over each finger breathing in and out.



Activity Purpose

To reinforce positive mental health concepts and vocabulary in a fun, interactive way that encourages kids to recognize the building blocks of a healthy, happy mind.

Instructions

Look at the list of words provided. These words all relate to taking care of our minds and feeling.

Search for each word hidden in the puzzle.

Words may go up, down, backwards, or diagonally.

As you find each word, take a moment to talk about what it means and how it helps us feel good inside.

Color or circle the word once it's found!

Examples of follow-up questions

- 1 Which words stood out to you the most? Why?
- 2 Can you give an example of a time when that word helped you feel better?
- 3 Are there any new words you learned today?
- 4 How do these words connect to how we take care of our feelings and mental health?
- 5 Which of these words do you think is the most important for a healthy mind?



Tip

Make your own word search using words that make you feel calm, strong, or happy—and challenge a family member to find them!

Healthy Minds, Happy Finds

Find each word hidden in the puzzle. Words may be placed up, down, across, backward, or diagonally.

U Y C W A Z S Y Y U W V J G R O W T H U A S R H Y
M S M K E L V H C N R J P I F P F V L U R T C N K
V I D W Z Y I R D G M N N B R Z R E Y Z F E P I W
F V N Q C V Y G L C U N K A O T I E Q Q Z A C B E
O J B D X J G R S Z G J P M G P E H U V B M R N H
H I O B F Z D S M H A K I B I Z N A W S N W Q V M
P V S M V U O A A U M R Q E S W D N T W T N C X U
T H U K R N L O D T W Q E D X V U I G X V Z B E X
A T T G Q Y R D K U S X T N F C T S Q K M T Y I F
R O L X V C V N I D Y K L I C K Y R T G N R O L R
J D H H L E H B K G Y A I H W O Y Z B R H Y L S M
L M O S V D F N T Z T D I B J Q E C J A O O D P X
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N Y U A A U T U G C M C A U J J K Z P Y A U N G W
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T T A U G Y U F K K U C A L M L U K B J L E L I B
T E D V E Z Y N E F B O Q P F F E E L I N G S R R
O A E S O O P D X L P J T Y E U D X E E K T O M A
S M M F N C Z Q U F Z B S J S T X O Q J Z R O X V
X Z E T O X Y K K W C K I H Y Z M K A Y R E K R E

FEELINGS

BRAVE
TALK

CALM

FRIEND
HAPPY

CARE

STRONG
GROWTH

HOPE

BALANCE
MINDFUL

Activity Purpose

To help children understand the importance of taking care of their mental, emotional, and physical well-being by identifying simple self-care activities that “fill their cup” and help them feel their best.

Instructions

Inside each cup, write or draw things your child can do to “fill” it—small activities that help them feel calm, happy, or energized.

Talk about how doing these activities regularly helps keep our “cups” full—and how we sometimes feel tired or grumpy when one of our cups is low.

Examples of follow-up questions

- 1 Which cup feels the most full today? Which one might need a refill?
- 2 What's one thing you can do today to fill your Body/Mind/Heart cup?
- 3 How does your body feel when one of your cups is empty?
- 4 What are some signs you notice when you need a self-care break?
- 5 How can we help each other keep our cups full as a family?



Tip

Revisit this activity often! You can even use real cups or jars and add colored beads, pom-poms, or paper slips each time your child does a self-care activity.

Cups of Self-Care

You can't pour from an empty cup! Take a moment to reflect on how you care for yourself. On each cup, write down the ways you practice self-care—big or small. Fill your cups with the activities, habits, and moments that help you recharge and feel your best!



Activity Purpose

To help children manage feelings of stress, anxiety, or overwhelm by using their five senses to stay present and calm in the moment.

Instructions

Slowly walk through each step below, using your senses to notice what's around you.

5 things you can SEE – Look around and name five things you can see. It could be as simple as a pencil, a cloud, or your shoes.

4 things you can FEEL – Notice how your clothes feel, the chair you're sitting on, or how your hands feel resting in your lap.

3 things you can HEAR – Listen carefully. Can you hear birds outside? A ticking clock? Your own breath?

2 things you can SMELL – Take a deep breath. Can you smell your lunch, a candle, or something nearby?

1 thing you can TASTE – What do you taste right now? Maybe gum, toothpaste, or a snack you just had.

When you're finished, take another deep breath and notice how your body feels.

You can do this anytime you need a moment to reset, feel more in control, or simply slow down.

Examples of follow-up questions

- 1 How did your body feel before and after doing the activity?
- 2 Which of the senses was easiest for you to focus on? Which one was hardest?
- 3 Did anything surprise you while doing this activity?
- 4 When do you think this technique might be helpful in your day?
- 5 What's something else you like to do when you need to feel calm?



Tip

Practice this technique together as a family so it becomes familiar and easier to use when emotions run high. You can even turn it into a game by taking turns leading each sense!

5-4-3-2-1

Grounding Technique

A calming technique that connects you with the present by exploring the five senses.

Instructions: sitting or standing, take a deep breath in, and complete the following questions.

5



5 things you can see

Light green rounded rectangular box for writing answers to the first question.

4



4 things you can touch

Light green rounded rectangular box for writing answers to the second question.

3



3 things you can hear

Light green rounded rectangular box for writing answers to the third question.

2



2 things you can smell

Light green rounded rectangular box for writing answers to the fourth question.

1



1 thing you can taste

Light green rounded rectangular box for writing answers to the fifth question.

Activity Purpose

To help children understand the intensity of their emotions, how those feelings might affect their behavior, and what healthy coping strategies they can use to manage them.

Instructions

Start by looking at the Feelings Thermometer—a visual scale from cool and calm to hot and overwhelmed.

Ask your child to point to or color the level they're feeling right now—or think back to a recent moment and identify how “hot” or “cool” their emotions were.

For each level of the thermometer, talk about: How we might act when we feel that way (Do we yell? Do we shut down? Do we smile more?) What we can do about it (What helps us cool down or feel better?)

Together, write or draw examples of both behaviors and calming strategies at each level of the thermometer.

Examples of follow-up questions

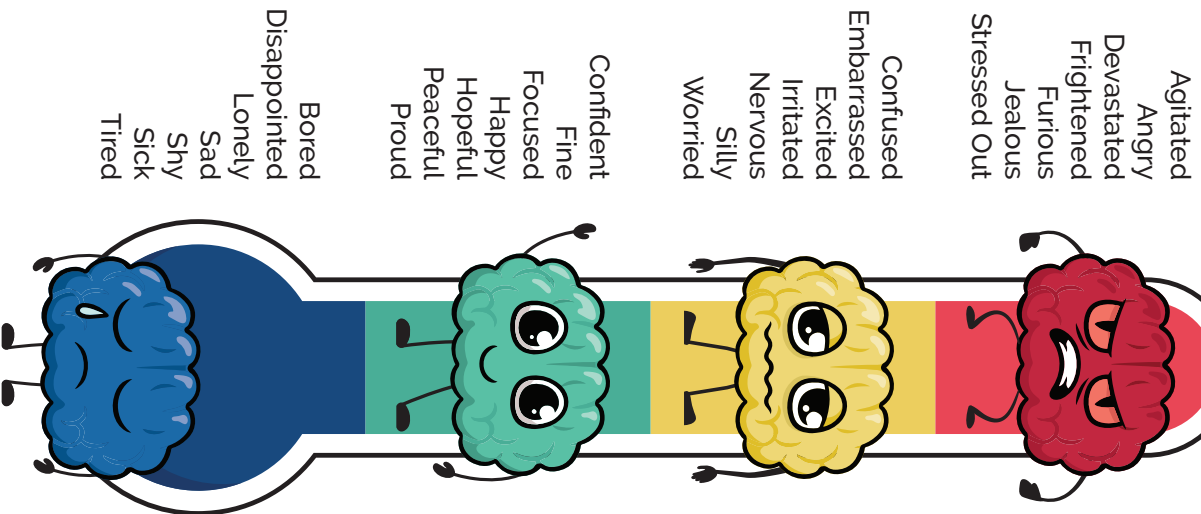
- 1 What does your body feel like when you're in the red/yellow/green zone?
- 2 How do your actions change as your feelings get “hotter”?
- 3 Have you ever done something when you were upset that you didn't mean to do?
- 4 What helps you move from a red or yellow zone back to green or blue?
- 5 Who can help you when your feelings feel too big to handle on your own?



Tip

Keep your Feelings Thermometer somewhere visible as a daily check-in tool. Over time, it can help your child build emotional awareness and healthy coping habits.

Feelings Thermometer



How Do We Act?	What Can You Do About It?		
<p>Arguing, Refusing, Tantrum, Shutting Down, Yelling, Stomping</p>	<p> Count to 10 or 100</p> <p> Move your body or exercise</p>	<p> Stop, and walk away</p> <p> Take deep breaths</p>	<p> Take a nap</p> <p> Practice grounding techniques</p>
<p>Avoiding, Pacing, Clingy, Hyper-Shutting Down, Overstimulated</p>	<p> Take deep breaths</p> <p> Take a break</p> <p> Pause, and ask for help</p>	<p> Use positive self-talk</p> <p> Relax and try again</p>	<p> Tense and relax your muscles</p> <p> Think of a peaceful place</p>
<p>Smiling, Relaxed, Laughing, Engaged, Paying Attention, Enjoying Yourself</p>	<p> Smile and practice gratitude</p> <p> Help someone else</p> <p> Exercise</p>	<p> Use kind and positive words</p> <p> Take steps towards your goals</p>	<p> Keep listening</p> <p> Write about your successes</p>
<p>Withdrawn, Disengaged, Crying, Slowed Down, Understimulated, Depressed</p>	<p> Get or give a hug</p> <p> Talk to friends or family</p> <p> Get some fresh air</p>	<p> Stretch</p> <p> Listen to music</p>	<p> Move your body or exercise</p> <p> Do a hobby you enjoy</p>

Activity Purpose

To encourage daily mindfulness habits by helping children and families slow down, notice the present moment, and build emotional awareness, one small activity at a time.

Instructions

Use the 30 Days of Mindful Moments calendar provided, or create your own!

Each day, complete the mindful activity together. These are simple, short moments that help calm the mind, relax the body, and build stronger connections.

After finishing each activity, take a minute to talk about how it felt. You can even color in a square or place a sticker to track your progress.

Examples of follow-up questions

- 1 What did you notice during your mindful moment today?
- 2 How did your body feel before and after the activity?
- 3 Was it easy or hard to slow down?
- 4 Which mindful moment has been your favorite so far?
- 5 Do you think these moments help when you're feeling upset, worried, or distracted? Why or why not?



Tip

Mindfulness is a skill that grows with practice. These small daily moments can make a big difference over time—helping kids feel calmer, more focused, and better able to handle big emotions.

May 2025

30 Days of Mindful Moments

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

PARENTS LEAD.^{org}

Want more ideas to support mental wellness? Head to parentslead.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Go for a walk, jog, or run outside	Plan a game night with friends or family	Stretch or do yoga for 15 minutes
4	5	6	7	8	9	10
Stay off social media for the entire day	Write down 3 things you're grateful for	Listen to your favorite feel-good music	Call or text someone just to say hi	Drink 8 glasses of water	Try a deep breathing exercise for 5 minutes	Cook (or help cook) a healthy meal
11	12	13	14	15	16	17
Spend 20 minutes reading something you enjoy	Compliment someone today—make their day	Clean or organize one small space (drawer, desk, etc.)	Watch something that makes you laugh	Journal your thoughts or feelings—no filter	Go to bed 30 minutes earlier than usual	Discuss mental health with others to combat stigma
18	19	20	21	22	23	24
Try a guided meditation (there are lots of free ones online!)	Step outside and practice mindful breathing with bubbles	Do something creative—draw, color, paint, write, etc.	Say no to something that drains your energy	Dance around your room (yes, even badly)	Mail a handwritten letter to a friend or family member	Write down 3 things you like about yourself
25	26	27	28	29	30	31
Do something kind for someone else	Declutter your digital space (emails, photos, etc.)	Spend time in nature or with animals	Make a simple to-do list and check things off	Set one small goal and take the first step	Turn off all screens an hour before bed	Take 30-minutes for yourself and do something you love



Want more tools to support your family's mental wellness?

Order free Parents Lead materials and explore more resources for parents and caregivers. Scan the QR code or visit parentslead.org to get started!



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