

# Mindfulness Cards

## Printable Peace of Mind



*Designed By Teachers*



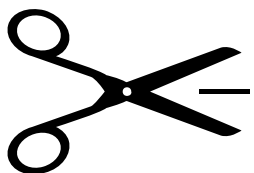
Teaching the World to Play **LEARN**

APPROVED  
FOR HOME  
SCHOOLING

For the protection of  
EARLY YEARS  
EDUCATION

SAFE LEARNING

# Print & Cut Out



## Meditating

Use this card to clear your head.

Sit comfortably on the floor and hold your knees.

Close your eyes and take a big breath through your nose for 1-2-3-4.

Then let that go through your mouth for 1-2-3-4.

Imagine each thought as a big cloud above your head. When you breathe in, choose 1 cloud and 1 thought.

As you breathe out, huff and puff that thought away.

Repeat with a new thought.



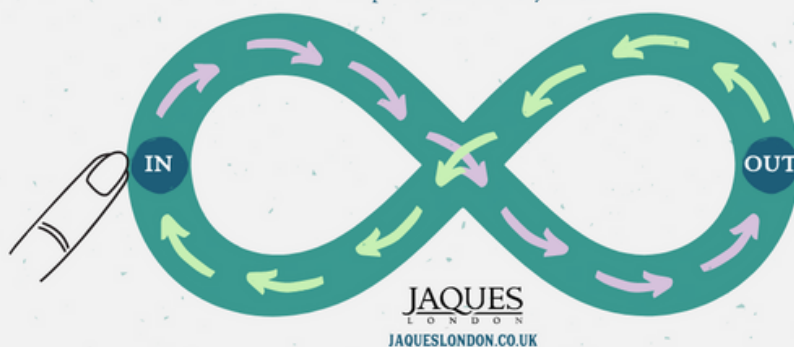
## Breathe

Use this card to take deep breaths.

Put your finger on **IN**, and slowly follow the arrow while taking a big breath in until you get to **OUT**.

Then slowly breathe out and follow the arrow until you get back to the start.

Repeat as much as you need.



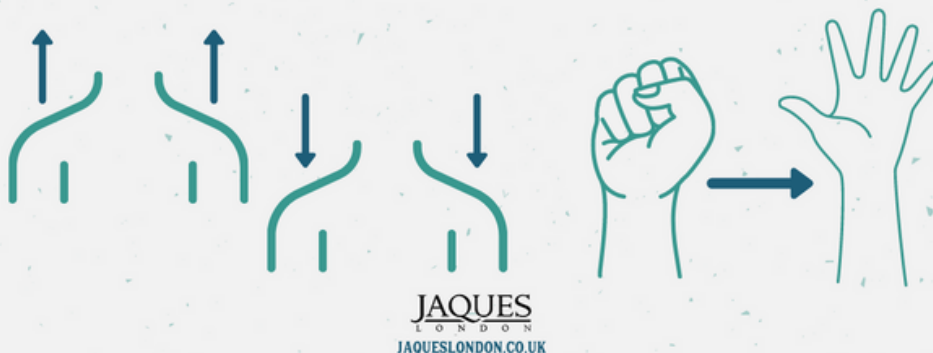
## Muscle Tensing

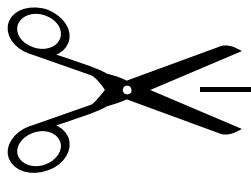
Use this card to help relax your body.

Raise your shoulders up to your ears and squeeze your hands as tight as you can.

Hold this for a few seconds and then let your body go all floppy.

Repeat until you feel relaxed.







# Print & Cut Out


## Yoga


Use this card to practice some calming yoga.  
See how many of these poses you can do and repeat as much as you need.

1. The Rainbow 

2. The Flower 

3. The Sun 

4. The Snake 

5. The Mouse 

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## Sit in the sun

Use this card to take in your surroundings.  
Step outside and find a place to sit.  
Follow these steps as much as you need to, and try to notice different things each time.

Notice 5 things you can SEE 

Notice 4 things you can FEEL 

Notice 3 things you can HEAR 

Notice 2 things you can SMELL 

Notice 1 things you can TASTE 

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