

# ACKNOWLEDGEMENTS

Thank you to our sponsors for their generous support towards the development and distribution of this guide.



SARATOGA COUNTY CITIZENS  
COMMITTEE FOR MENTAL HEALTH

Bender Family Foundation  
of  
The Community Foundation for the  
Greater Capital Region



## RESOURCES



Saratoga County Citizens  
Committee for Mental  
Health Website



PBS Resources for  
Practicing Mindfulness



Social and Emotional  
Learning through Art by  
the Met

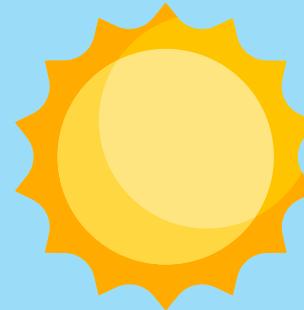
THE CHILDREN'S  
MUSEUM  
AT SARATOGA

## MINDFULNESS GUIDE FOR KIDS AND FAMILIES



Check out this  
guide for  
mindfulness  
strategies, art  
activities, and  
more!

The summer is a great time to practice **mindfulness**.



Mindfulness practices help you identify how you feel and give you a chance to slow down to notice the world around you.

## HOW DO YOU FEEL RIGHT NOW?

Are you happy, upset, excited?  
Write how you feel below.

---



## MATCH THE FEELING

Match the face to the feeling and draw a line to connect them.



**Worried**



**Angry**



**Happy**



**Sad**

How do you know when you feel one of these emotions? Where do you feel it in your body? What kinds of things make you feel that way?

# PRACTICE YOUR BREATHING

If you are feeling overwhelmed by your emotions, the first thing you should do is focus on your **breathing**.

## GIVE THESE EXERCISES A TRY!



### RAINBOW BREATHING

Get comfy and close your eyes. Imagine a rainbow in front of you.

Take a deep breath in and raise your arm up as if you are tracing the first arch in the rainbow.

Pause at the top of the arch and then exhale as you lower your arm. Repeat this for all of the different colors in the rainbow.

### HAND TRACING

Hold out your hand in front of you.



Take a deep breath and with your other hand, trace up your first finger.

Breathe out as you trace down your finger. Repeat with each finger.

### **HOW DO YOU FEEL?**

Once you feel calm, check in with yourself:



What emotion overwhelmed you?

What made you feel that way?

Did calm breathing help?

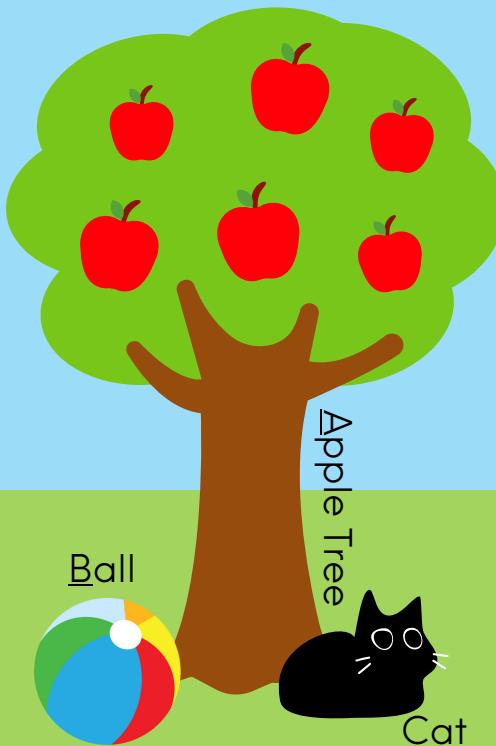
**Grounding exercises** are also great ways to redirect from anxiety and other big feelings.

It helps to interrupt negative thinking by focusing on the present and what's happening around you.

## GIVE THIS EXERCISE A TRY!

### REMEMBER YOUR ABC'S

When you're feeling overwhelmed, try to name the things around you in alphabetical order. Can you find something for each letter of the alphabet?



## AFFIRMATIONS

Affirmations are positive statements that give you confidence. Say your affirmations every day to remind yourself how amazing you are!



Write down some affirmations for yourself!

**I AM ...**

---

---

---

---

Need help getting started? Try these:

**I am** ... loved, capable, proud of myself, enough, smart, kind.

# MINDFULNESS AND ART



Art is a great way to practice mindfulness. From music to painting, art gives us a way to express ourselves and teaches us it's okay to make mistakes. Check out the next pages for art activities families can do together.

## HERE ARE A COUPLE OF EASY WAYS TO GET STARTED!

- Dance
- Paint to music
- Doodle
- Color in a coloring page
- Sing a song



Don't forget to check in with yourself! How do you feel before and after an art activity?

# DRAGON BREATHERS

Learn how to take deep breaths just like a dragon - no fire necessary!



## MATERIALS

Paper tube, construction paper, coloring materials, tissue paper, glue, scissors, coloring materials

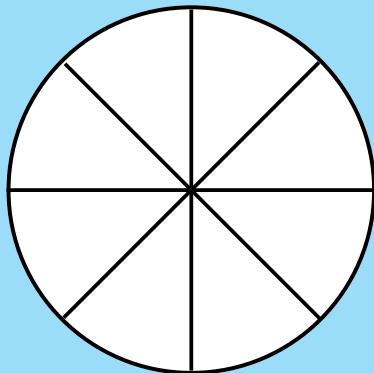
**1** Decorate the paper tube however you like. You can glue construction paper on it, color the dragon's face, or whatever comes to mind!

**2** Cut the tissue paper into strips and glue them inside the paper tube.

**3** To "breathe fire", take deep breaths in and out of the dragon breather. When you feel stressed, use this to calm your breathing.

# EMOTION WHEEL

When you're having big feelings but you don't know how to describe them, use an emotion wheel to help identify what you feel.



## MATERIALS

Paper cut in a circle, coloring materials

- 1 Draw lines to make eight wedges in your circle like the one above.
- 2 In each wedge, write the name of an emotion.
- 3 Think about what colors, patterns, and other things remind you of each emotion. Draw them in their designated wedge.

Why do you think you chose the colors and designs you did for each emotion?

## MINDFUL CHECK IN LIST

When you're overwhelmed with a big feeling, use this list to listen to what your body and mind are trying to tell you.

Take deep breaths as you ask yourself these questions:

- What are you feeling in this moment? Say hi to the feelings! It's okay to feel that way.
- Where do you feel the emotions in your body?
- Are you noticing any loud thoughts? What are they?
- Can you let go of the big feelings? Say goodbye!

