Adults, please read these steps out loud and practice with your child or student.


Then: Point to the battery that shows how much energy you have at the moment.

Next: Point to the face that best describes how you feel.

Last: Pick a practice that can help you.

When do I do this?

Anytime your child or student:
- needs to make a positive choice about their behavior
- has a tantrum, is crying or has high energy
- is displaying signs of stress, anxiety or worry

What can I say to support my child or student?

“Thank you for sharing. I know it is not always easy to share how you are feeling and I want you to know I am here for you anytime you want to talk.”

“Thank you for sharing. It is okay to feel ________. Let’s pick a practice (see below) to do together. This will help you process what you are feeling.”

Where can I find more free activities?

bit.ly/MindfulMinutes
YouTube playlist of students doing mindful practices for your kids to practice and share

bit.ly/MP_Resources
Mindful activities, printouts and books

Write & Rip
Take 3 deep breaths.
Write down something that is upsetting you.
Rip it up and throw it in the trash.

Draw & Share
Take 3 deep breaths.
Draw down something that makes you happy or that you are grateful for.
Share your paper with others.

Listening Breath
Sit quietly and listen for a noise outside.
Focus on that noise for 60 seconds as you breathe in and out.
Close your eyes, if you feel comfortable.

Smile Doodle
In 60 seconds, create a smiley face.
Take 3 deep breaths when your doodle is complete.
Share your doodle with someone who needs a smile today.

Paper Squeeze
Wad up a piece of paper and place it in the palm of your hand.
Squeeze the paper tightly for the count of 5, then release.
Repeat 3 times.