

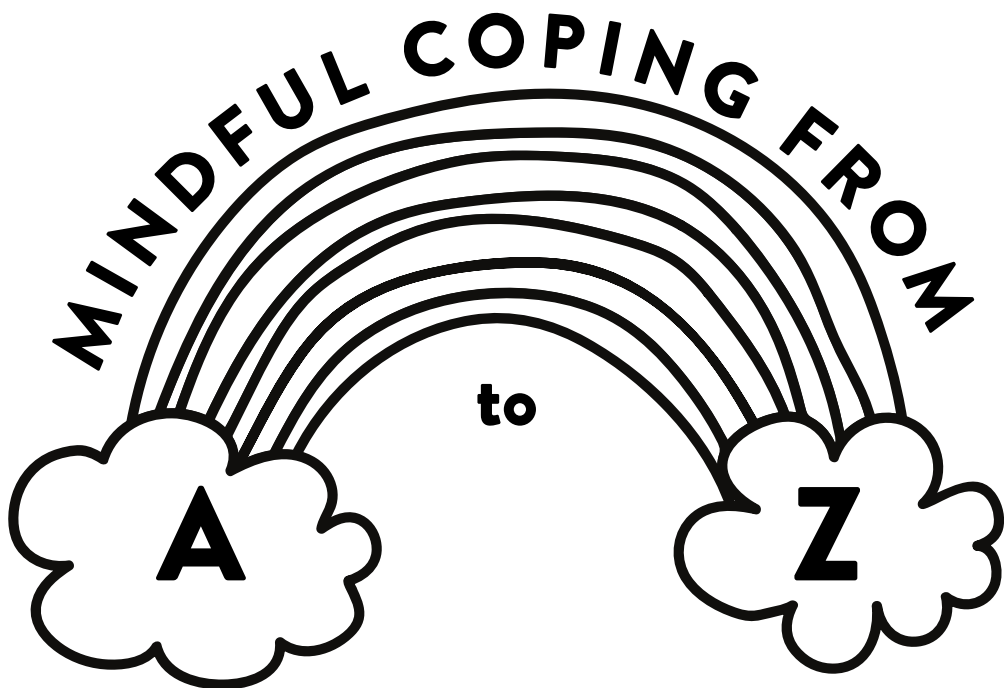
MINDEFUL COPING FROM

to

A

Z

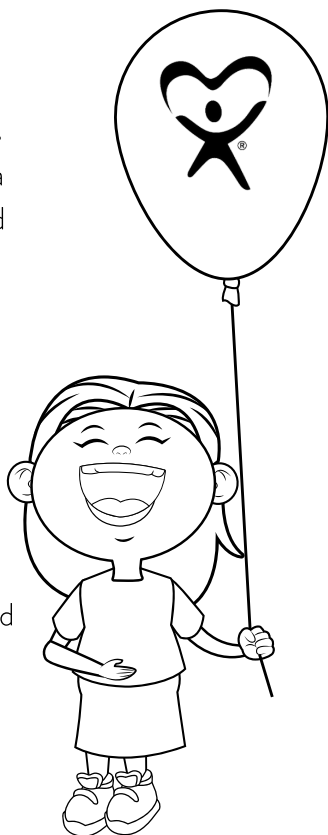




This activity book is meant to be a tool to help children use mindfulness and coping skills. Kids go through a lot throughout the day. Their stress and anxiety can lead to poor grades, negative behaviors and health issues. This book is a great way to start a conversation about the importance of self care and starting early.

Each page also features a positive affirmation that can help to improve confidence, positive self talk and emotional expression. You can help a child repeat these affirmations multiple times a day.

We hope that this can be a fun and useful way to help a child know that they are important, loved and can overcome any obstacle that heads their way.



A

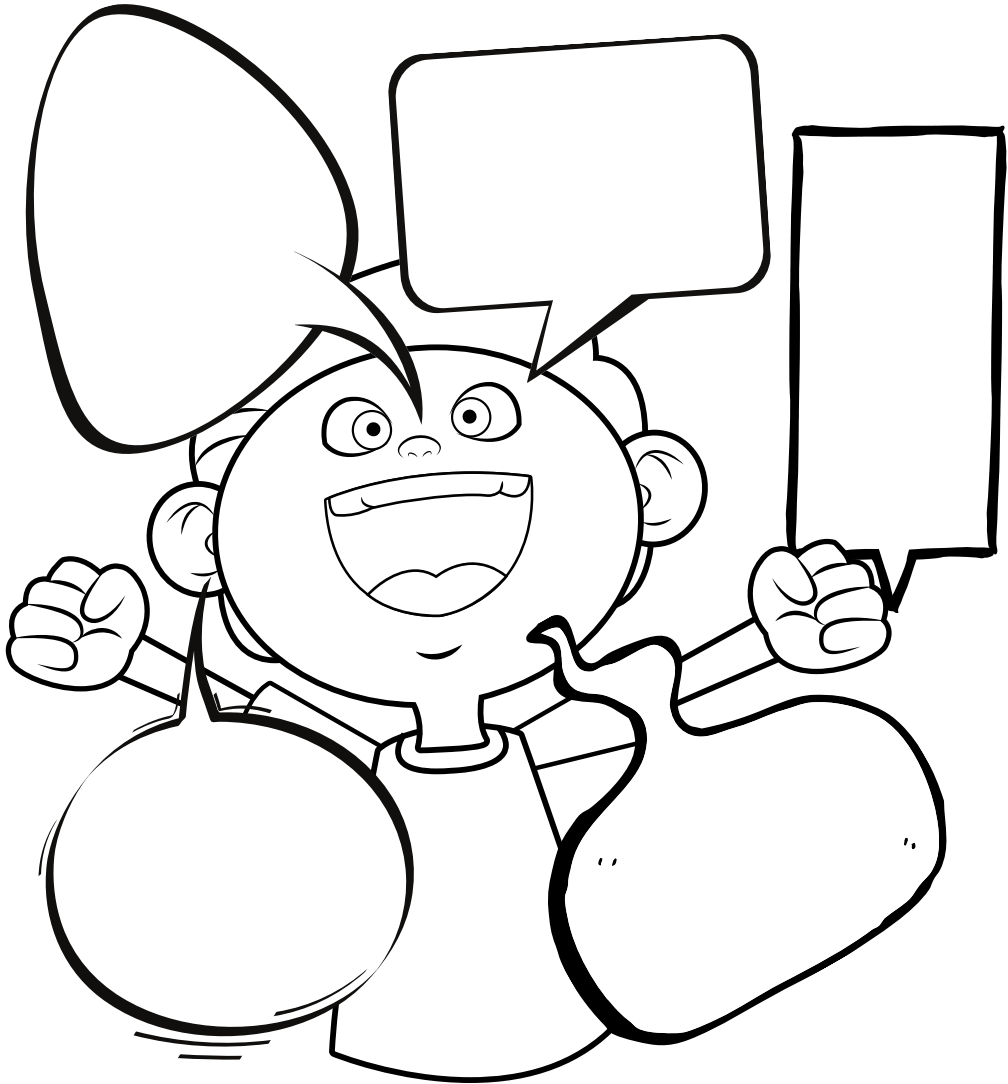
AWARENESS

Do you love the smell of flowers or the taste of candy?

We use our 5 senses every day.

Take a moment to use all 5 of your senses.

Write or draw what you see, hear, taste, touch and smell.

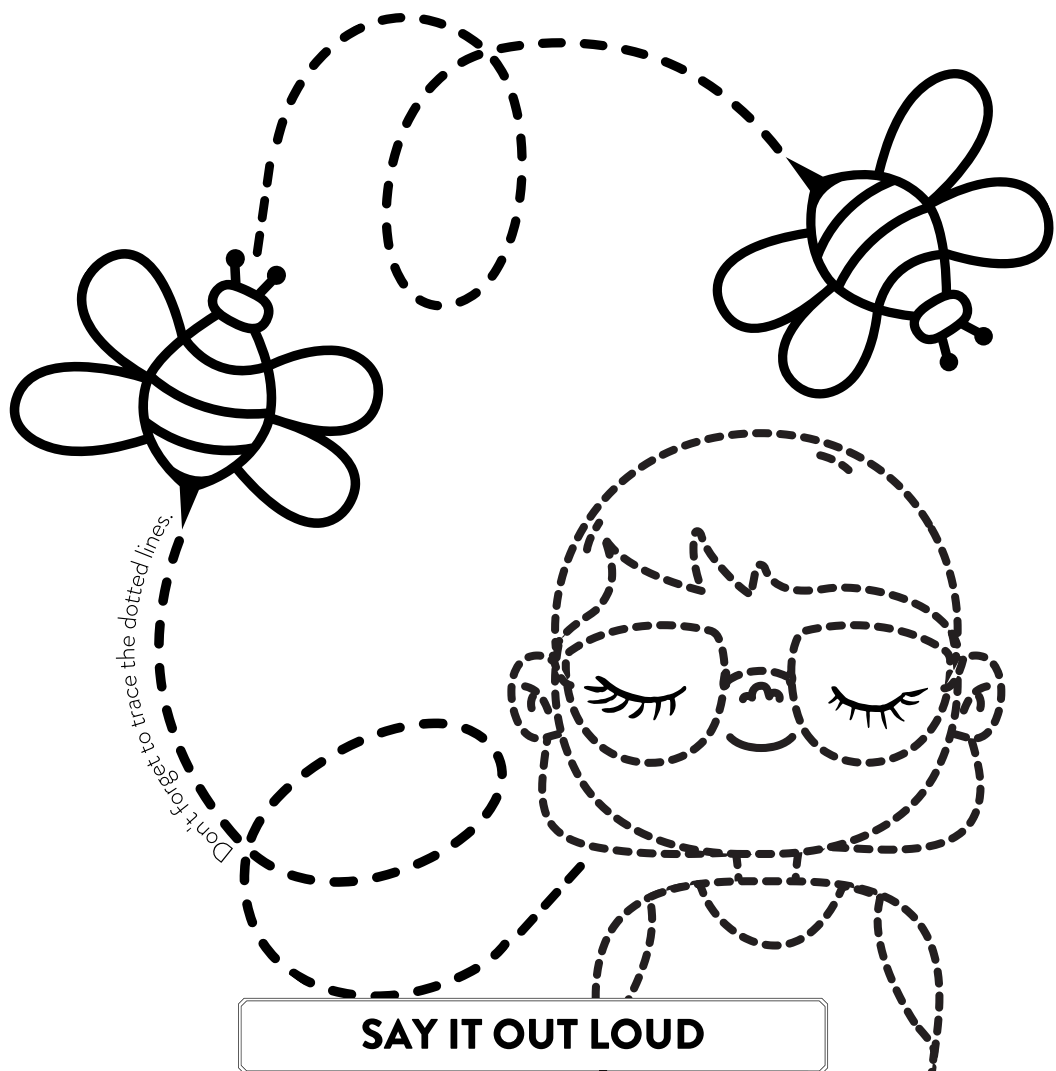


SAY IT OUT LOUD

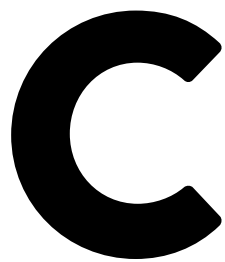
TODAY IS GOING TO BE A GREAT DAY

B BUMBLE BEE BREATHING

1. Get into a comfy position and close your eyes.
2. Listen to your breathing.
3. Feel the air enter your nose.
4. Fill up your lungs.
5. Blow the air out of your mouth.
6. Say "buzzzzzzzz" for as long as you can.
7. Repeat, until your body is calm and relaxed.



EVERY BREATH CALMS MY BODY

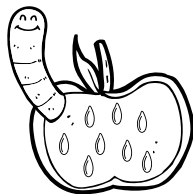
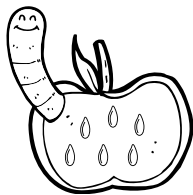
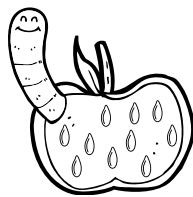
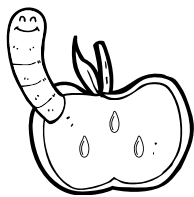
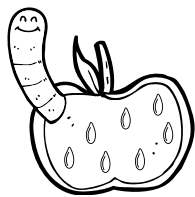
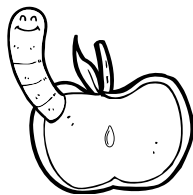
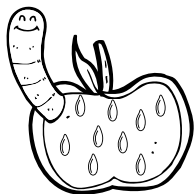
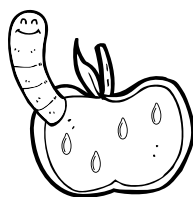
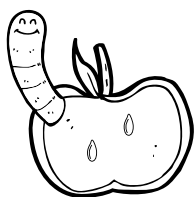
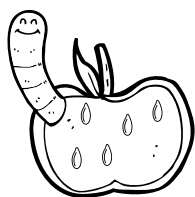


COUNT TO TEN

1. When you are mad, stressed or sad count to ten.
2. Count up to ten or down from ten.
3. Count slowly, breathing between numbers.
4. Repeat until you are calm.

Draw a line from the number to the apple with the same number of seeds.

1 2 3 4 5



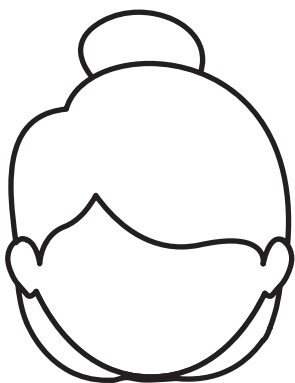
6 7 8 9 10

SAY IT OUT LOUD

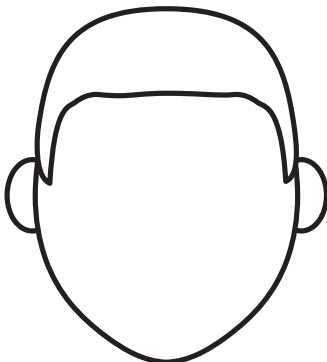
I CAN SOLVE PROBLEMS

DRAW FEELING AND EMOTIONS

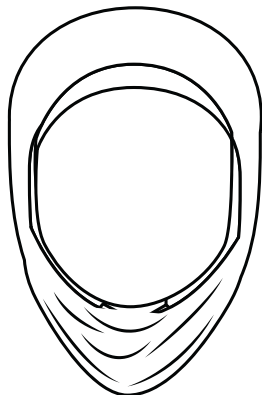
We all have feelings. We show feelings with our faces by smiling when we are happy or frowning when we are sad. Take a moment and draw the emotions listed below.



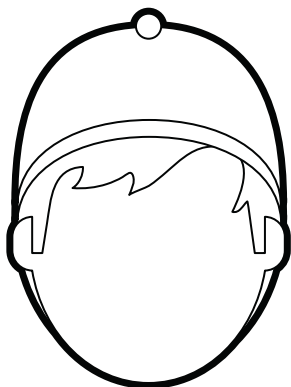
HAPPY



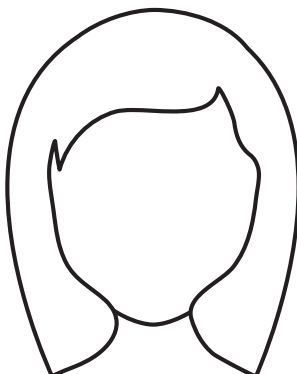
MAD



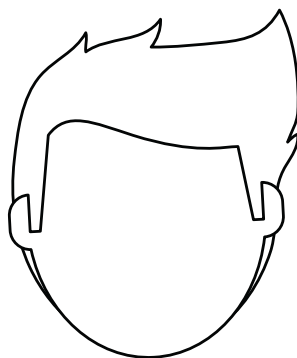
EXCITED



SAD



SLEEPY



HUNGRY

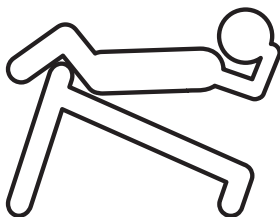
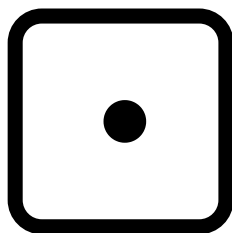
SAY IT OUT LOUD

IT IS OKAY TO FEEL HOW I FEEL

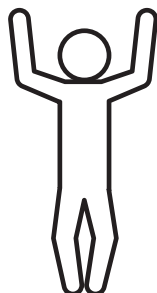
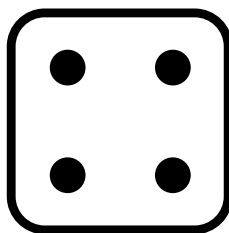
E

EXERCISE

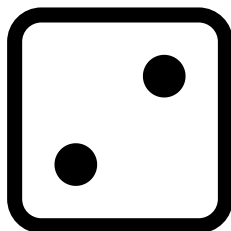
1. Roll the dice
2. Perform the exercise that matches the number.
3. Repeat!



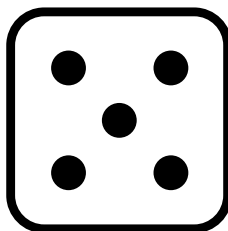
sit-up



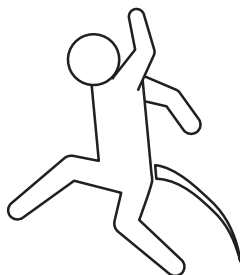
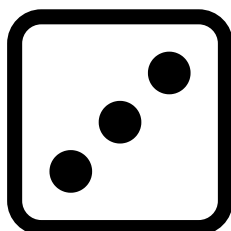
jumping jacks



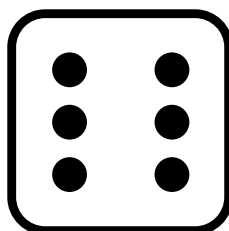
push-up



jump rope



leap



stretch

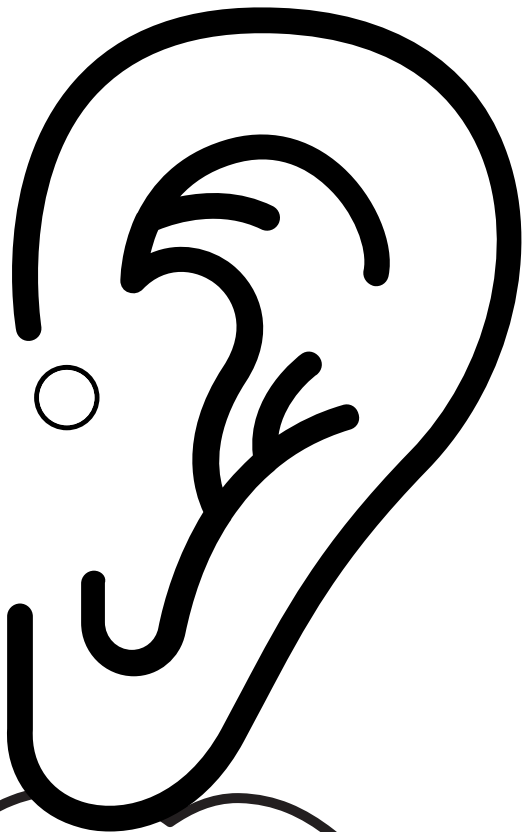
SAY IT OUT LOUD

MY BODY IS AWESOME! WATCH IT MOVE.

F

FOCUS

1. Close your eyes.
2. Take a deep breath.
3. Listen to the noises around you.
4. What do you hear?
5. Draw it below.



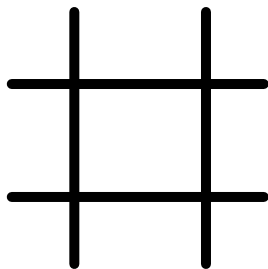
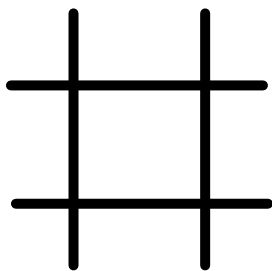
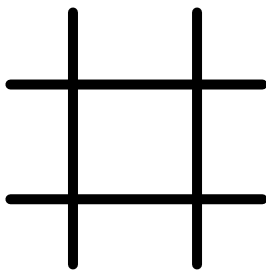
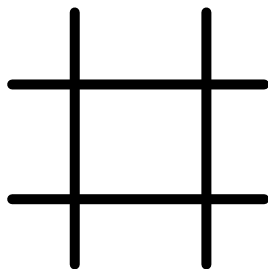
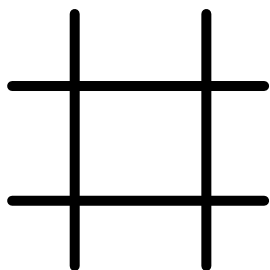
SAY IT OUT LOUD

I CAN LISTEN WITHOUT LOSING MY FOCUS

GAMES

Playing games can help us to get thoughts that worry us out of our heads.

1. Grab a friend and play some Tic Tac Toe.
2. Remember it's okay not to win.
3. Celebrate your friends when they win!



SAY IT OUT LOUD

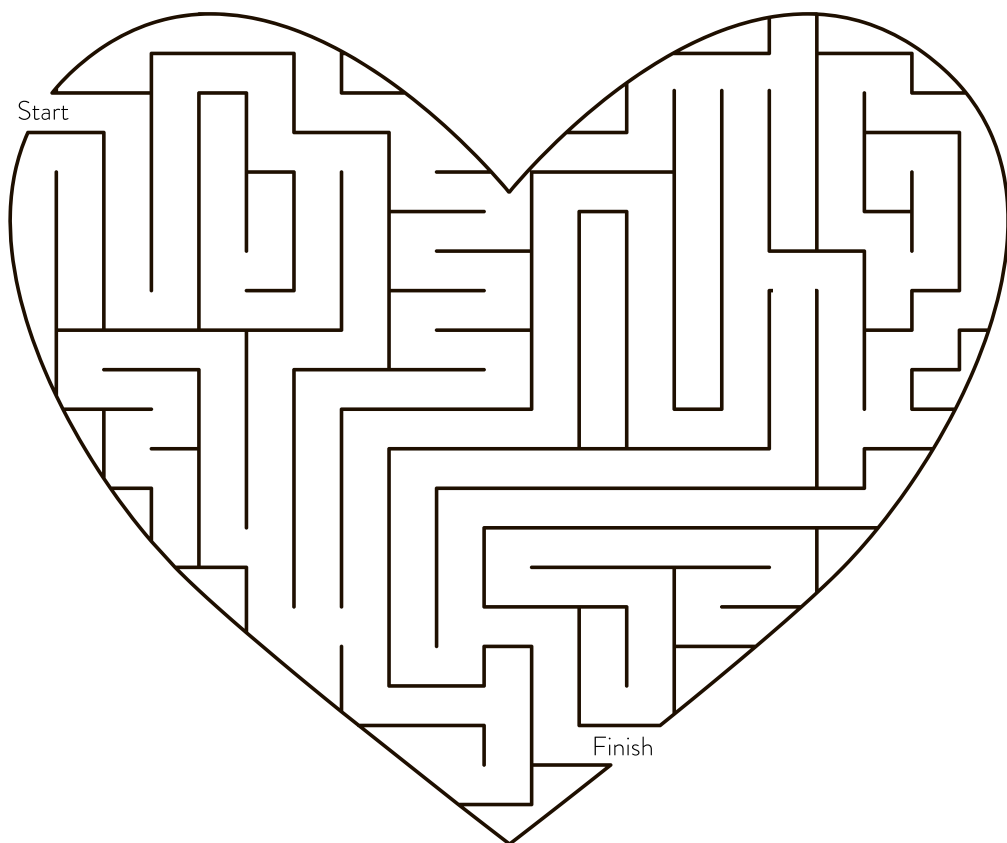
I CAN SHOW GOOD SPORTSMANSHIP

H

HEARTBEAT

1. Place your hand over your heart.
2. Take four deep breaths.
3. Pay attention to your heart beat.
4. Tap your heart beat rhythm on your leg.

Can you find your way thru the heart maze?

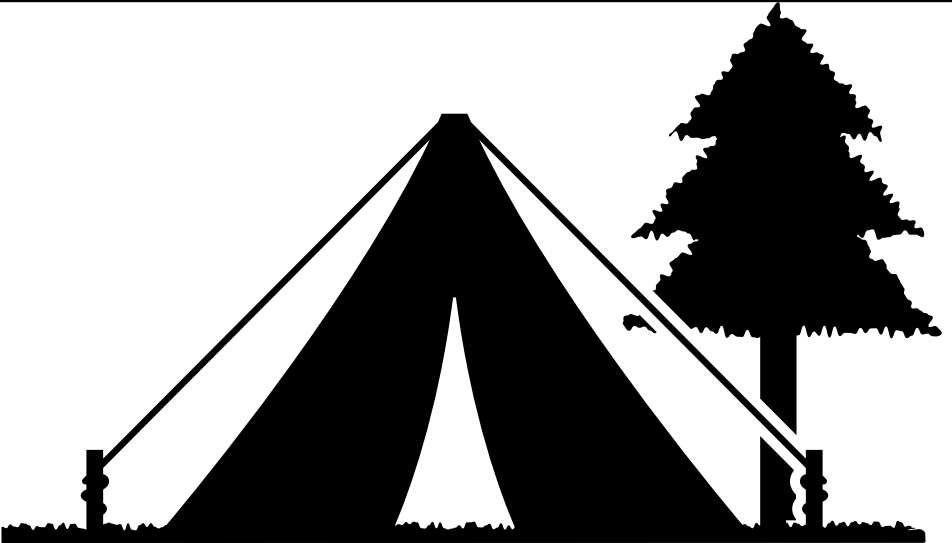
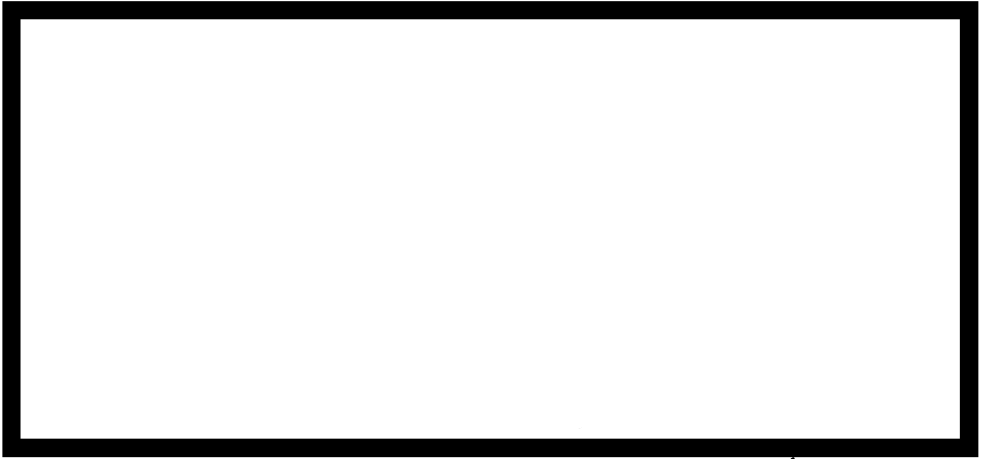


SAY IT OUT LOUD

MY BODY IS STRONG; I CAN DO MANY THINGS

IMAGINE YOUR SAFE PLACE

1. Imagine you are in a safe place.
2. This place is peaceful and fun.
3. What does it look like?
4. What does it smell like?
5. Draw a picture of your safe place.



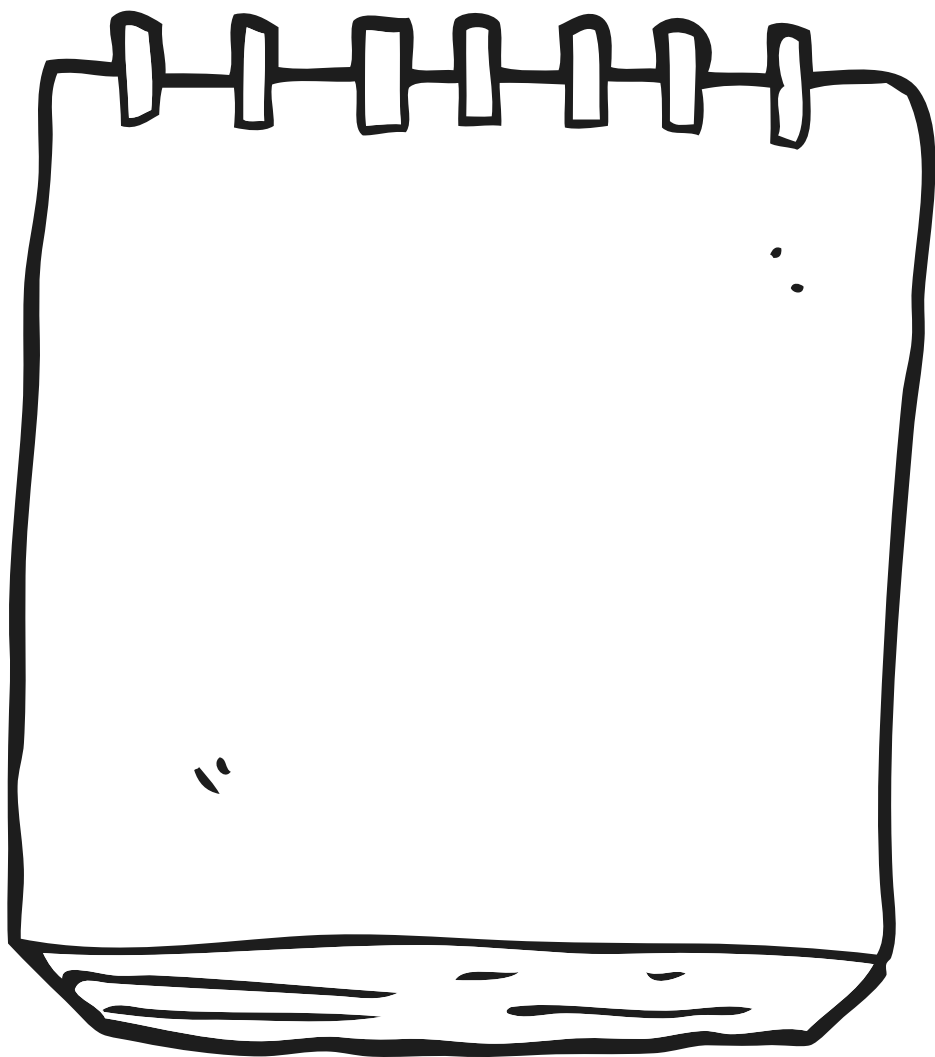
SAY IT OUT LOUD

I HAVE THE RIGHT TO BE SAFE

J

JOURNALING

We have a lot of things that happen everyday: school, chores, food, family time, sleep and even brushing our teeth. Journaling is a way to write down how our day went and how we feel about it. Did you know you can write or draw in a journal? Take a moment and journal about your day.



SAY IT OUT LOUD

MY THOUGHTS AND FEELINGS MATTER TO ME

K

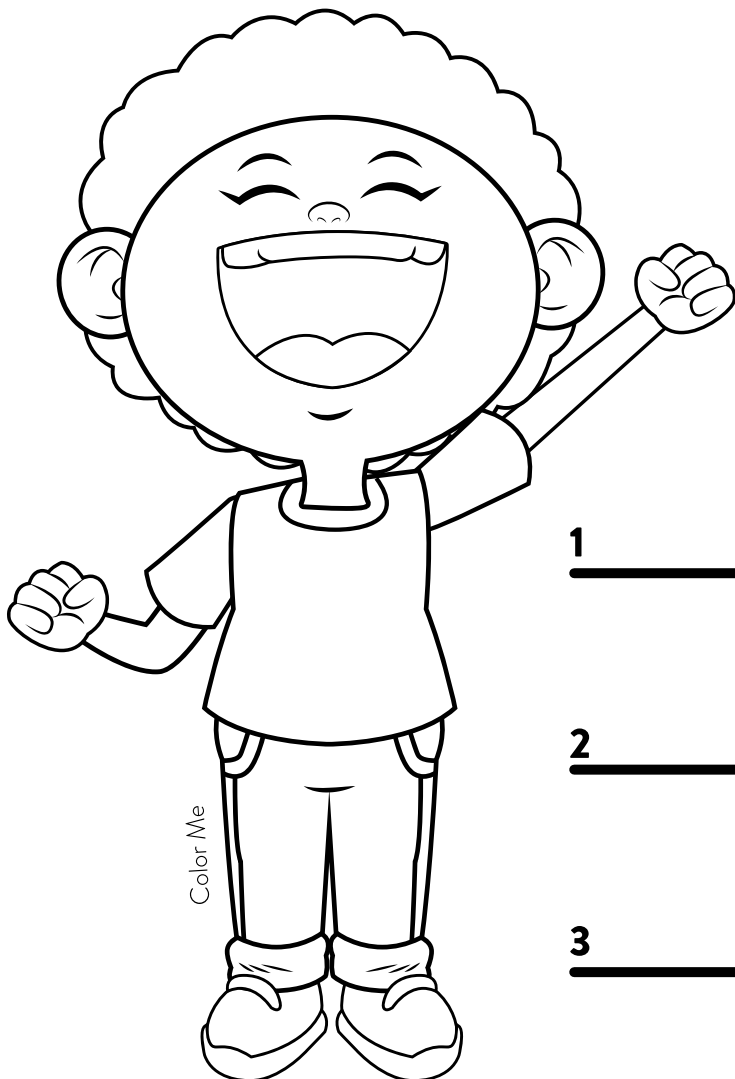
KINDNESS

Being kind to yourself is important. Do you brush your teeth?

Shampoo your hair? Eat broccoli? Drink milk?

All of those things help create a healthy and kind you!

Name 3 things you like about yourself.



1 _____

2 _____

3 _____

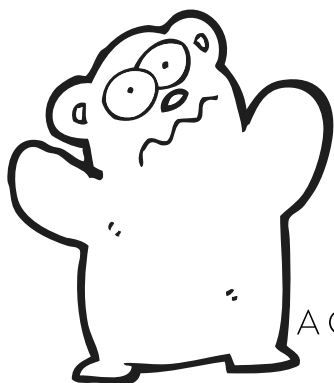
SAY IT OUT LOUD

I LIKE MYSELF JUST AS I AM

L

LAUGH

Did you know that a 6 year old laughs 300 times a day? Let's try and make it 325 times a day by sharing these funny kid jokes.

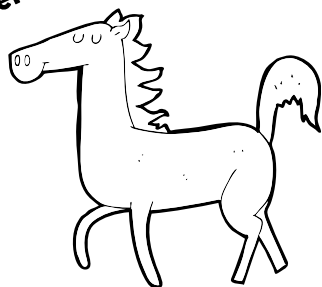


**What do
you call a
bear with
no teeth?**

A Gummy Bear

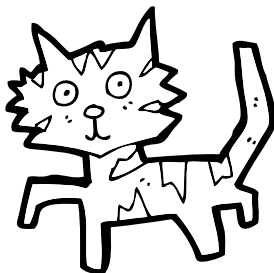
Where do horses live?

In neigh-borhoods

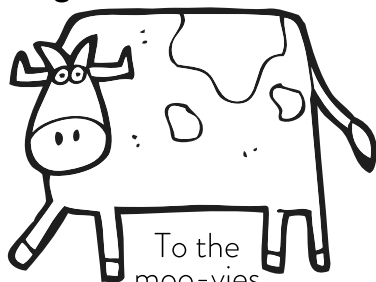


Which animal makes the best pet?

A cat... because it is purr-fect.

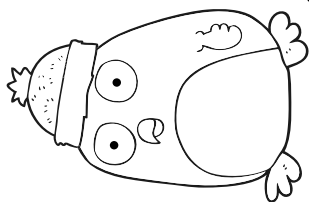


Where do cows go on the weekend?



To the
moo-vies

What is black and white, black and white, black and white?



A penguin rolling down a hill

SAY IT OUT LOUD

LAUGHING IS GOOD FOR MY MOOD



MUSIC

Music can make us feel happy, sad, excited and energized! Listen to your favorite song while finding the musical words in the word search.

I	R	R	P	C	H	R	A	D	I	O	C	A	O
V	M	S	C	O	R	E	O	S	T	K	S	Y	E
P	E	E	L	I	P	I	A	N	O	C	B	E	D
T	P	Y	M	H	I	G	E	T	M	T	A	K	I
M	I	C	D	T	H	Y	U	R	O	V	M	T	V
O	E	M	M	S	O	R	S	I	T	E	M	P	O
C	B	R	E	M	A	T	O	R	T	A	O	M	D
A	I	U	T	K	M	H	L	S	S	A	E	U	C
D	N	O	T	E	A	N	O	A	O	H	R	S	A
E	T	O	O	R	R	T	B	E	A	T	B	I	R
N	T	A	M	D	R	U	M	S	Y	M	O	C	O
C	I	O	E	N	O	H	P	O	R	C	R	I	M
E	N	R	E	E	E	R	O	O	S	S	A	B	S
Y	E	S	O	T	P	A	L	T	O	R	S	E	R

- RADIO
- TEMPO
- PIANO
- ALTO
- VIDEO
- MICROPHONE
- TIME
- BEAT
- GUITAR
- BASS
- SCORE
- HARMONY
- KEY
- NOTE
- SOLO
- DRUMS
- CADENCE
- MUSIC

SAY IT OUT LOUD

I HAVE LOTS OF GIFTS AND TALENTS

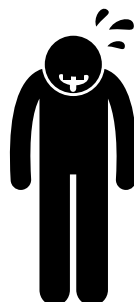
N

NAME THE EMOTION

Sometimes it is hard to know how we feel. Talking with an adult can help you know how to work through how your feeling. What does your body do or how do you feel on the inside when you are having strong emotions? Use the words and people below to help put an emotion word with a physical response.



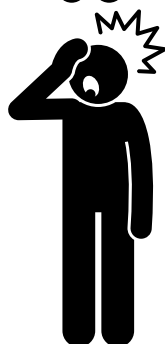
SHOCKED



HAPPY



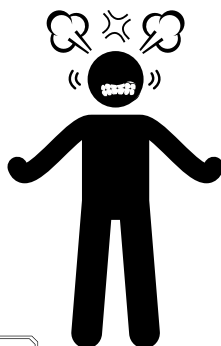
FRUSTRATED



EXCITED



CONFUSED



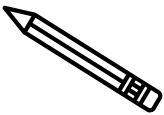
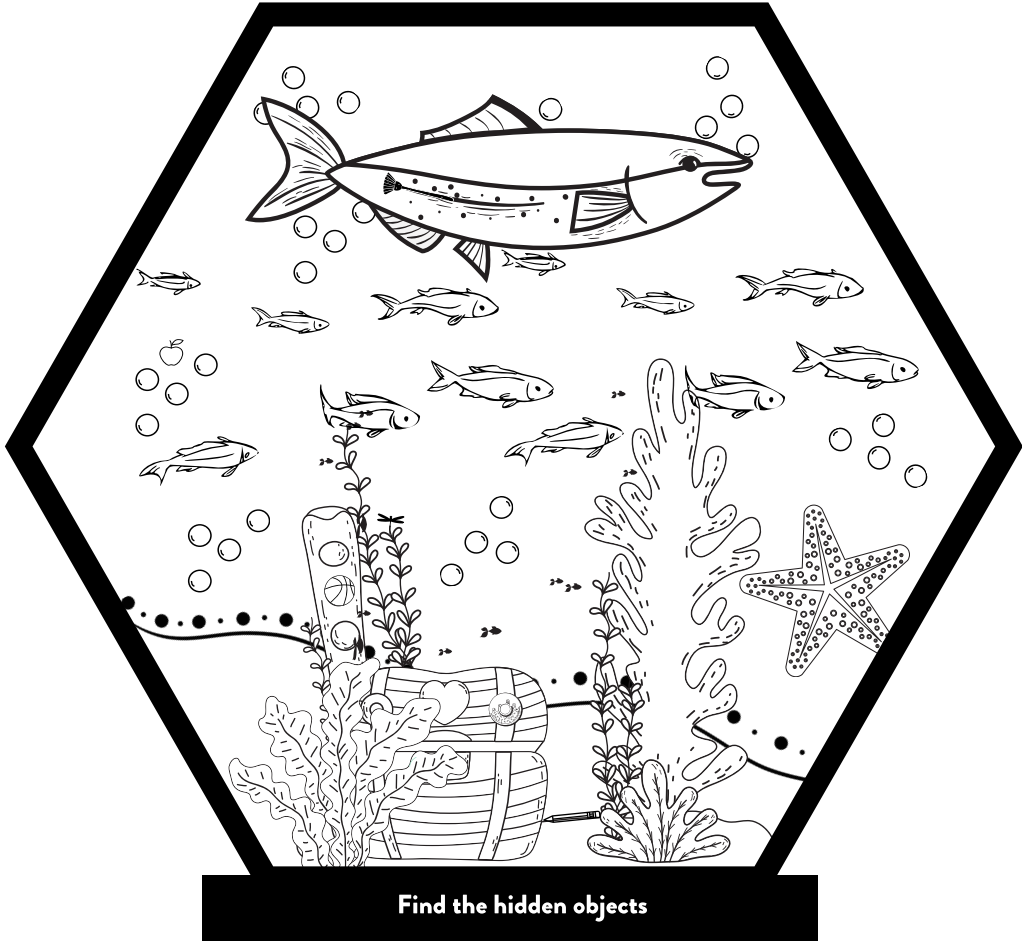
EXHAUSTED

SAY IT OUT LOUD

I AM UNIQUE. NO ONE ELSE IS LIKE ME

OPEN YOUR EYES

1. Take a break from the screen.
2. Look around. What do you see?
3. Share what you see with an adult.

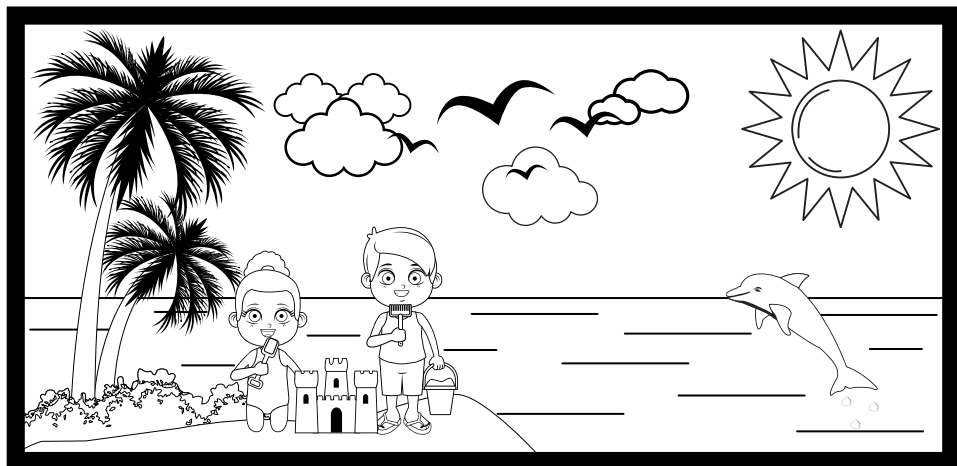


SAY IT OUT LOUD

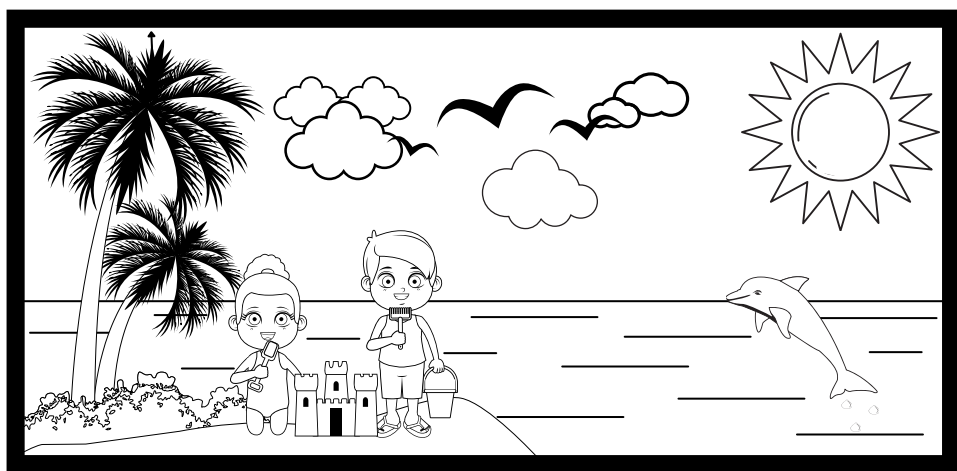
I KNOW I CAN MAKE GOOD CHOICES

PPLAY

Go outside! Swing on a swing, climb a tree or kick a ball. Playing can increase your heart rate and boost your mood. Invite a friend or family member to join you.

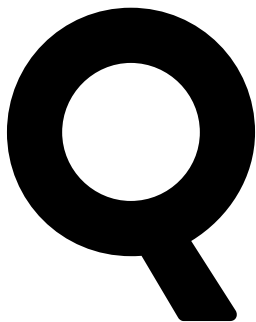


Can you find the 6 differences between these two pictures?



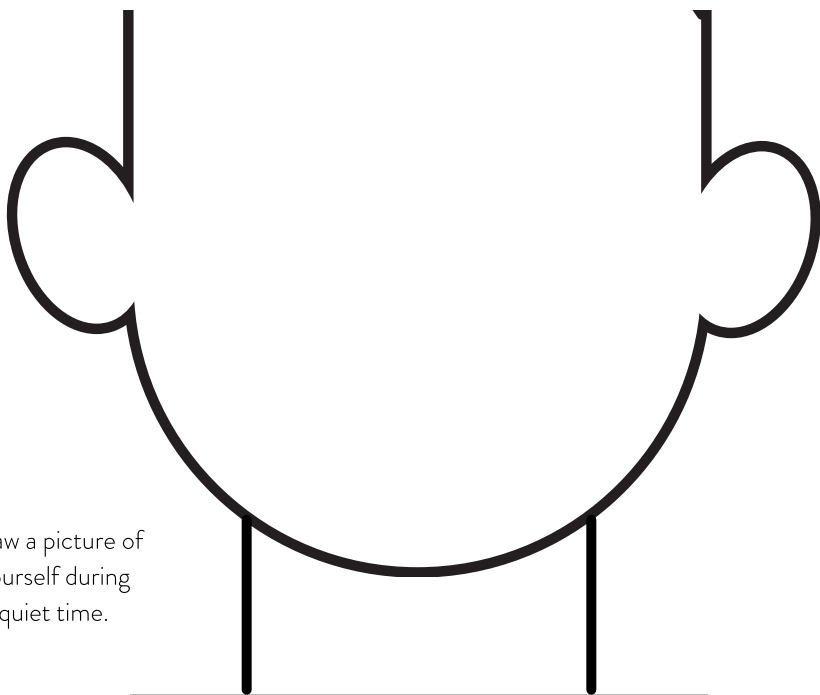
SAY IT OUT LOUD

I ALWAYS TRY MY BEST



QUIET TIME

1. Find a comfortable spot.
2. Sit quietly with your eyes closed.
3. Take some deep breaths.
4. Sit in silence for 3 minutes.



Draw a picture of
yourself during
quiet time.

SAY IT OUT LOUD

I CAN QUIET MY MIND AND LET GO

R RELAX

Relax. Take a break. Find a comfortable spot in your house and kick back. Relaxing can calm you down and reset your body. Did you know coloring is one of the most relaxing activities a kid your age can do? Use the numbers connected to a color below to reveal the hidden picture.



Green = 1

Brown = 2

Grey = 3

Blue = 4

Yellow = 5

Purple = 6

Pink = 7

Orange = 8

SAY IT OUT LOUD

I AM PROUD OF MYSELF AND WHO I AM

S STRETCH

Does your body feel tight and like a giant brick is sitting on your shoulder? Stretching can help calm your body.

GARDEN YOGA

Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground and jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest of the floor. Pretend to be a seed in the garden.



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a blooming flower

Goddess Pose: Turn your feet out wide and squat low. Your hips and thighs should be in line with your knees. Now raise your hands and smile like a flower.

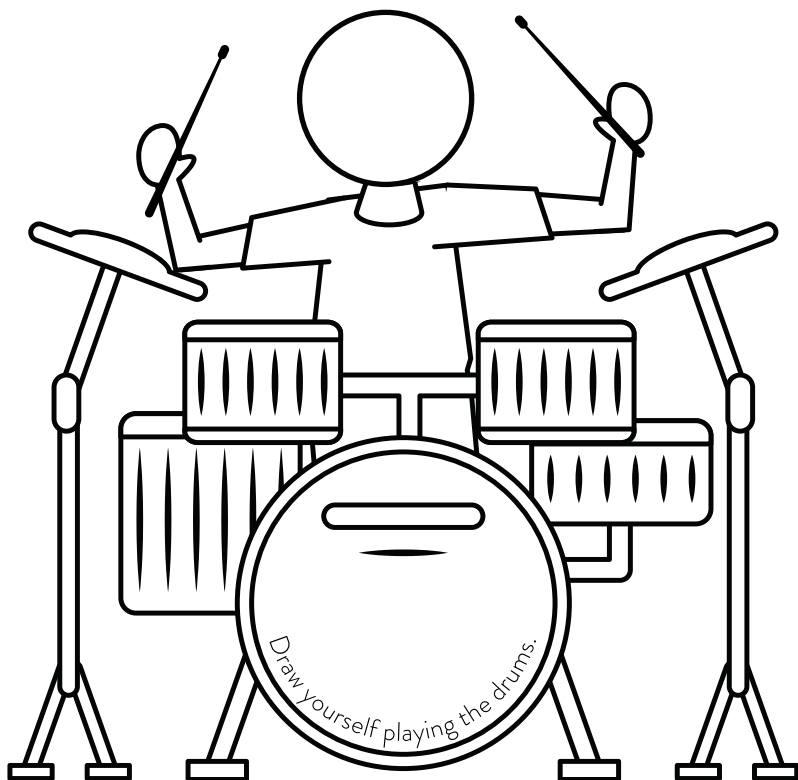
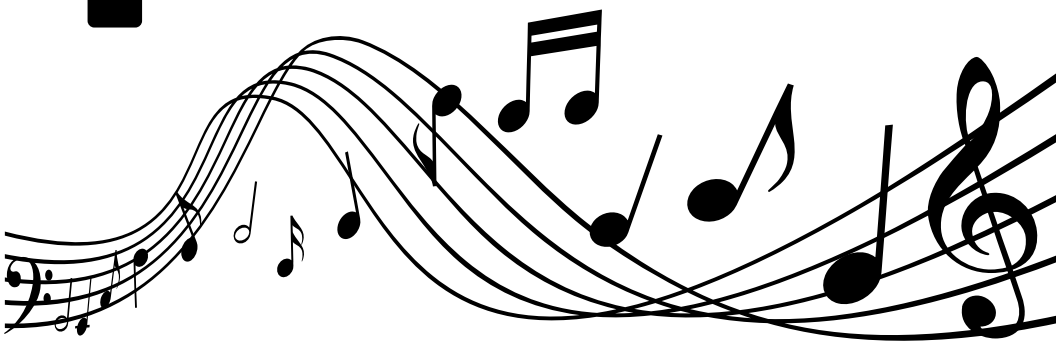


SAY IT OUT LOUD

I AM THE BOSS OF MY BODY

T TAPPING

Moving and tapping help when you are anxious or worried.
Use your hands to tap you head, legs, arms or your tummy.



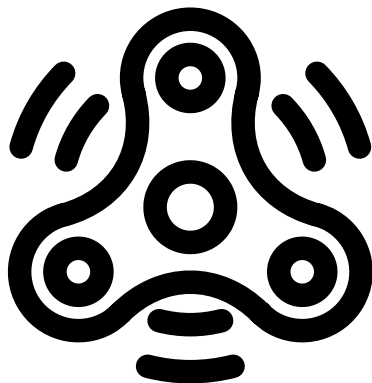
SAY IT OUT LOUD

I LOVE TRYING NEW THINGS

U

USE A FIDGET

Directions: Spin the fidget spinner. Ask questions and write the answers down quickly filling in the blanks. Take turns with a friend until all the questions are answered.



What is your name? _____

Do you have a pet? _____

How old are you? _____

What is your favorite food? _____

Who is your favorite superhero? _____

What do you like to do in the summer? _____

What is your favorite flavor of ice cream? _____

What is something you love about yourself? _____

Are you a morning or night person? _____

Describe yourself in one word. _____

SAY IT OUT LOUD

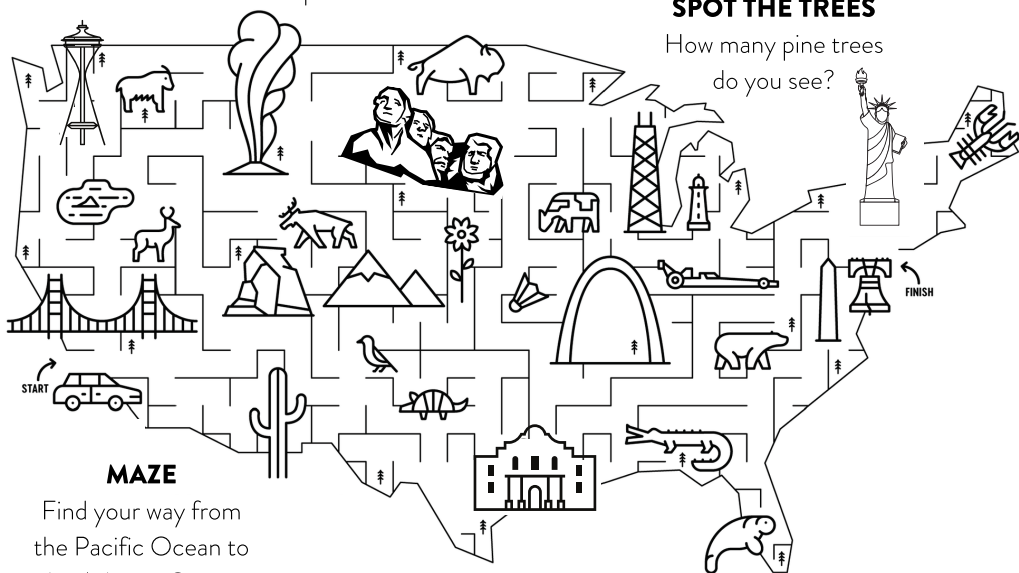
I INVITE OTHERS TO JOIN IN

V VISUALIZE

1. Visualize your favorite place in the whole world.
2. Is it in the United States?
3. Color where your favorite place is located.

COUNT THE ANIMALS

See how many animals you can find in the map below.



SPOT THE TREES

How many pine trees do you see?

MAZE

Find your way from the Pacific Ocean to the Atlantic Ocean.

SEEK AND FIND

Seattle Needle 

The Alamo 

Mount Rushmore 

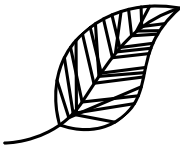


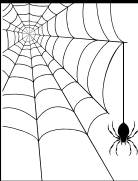


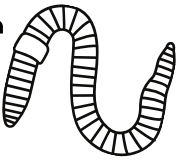

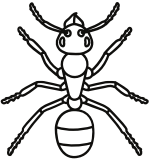





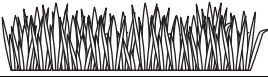
Statue of Liberty 

SAY IT OUT LOUD

I AM ON THIS PLANET FOR A REASON

W WALK

Head outside for a mindful nature walk. A nature walk allows you to be present. To be present means you are enjoying the moment. Take a look around. Can you find these items on your walk?

 <input type="checkbox"/> Leaf <input type="checkbox"/>	<input type="checkbox"/>  Dirt <input type="checkbox"/>	 <input type="checkbox"/> Flower <input type="checkbox"/>
 <input type="checkbox"/> Spider <input type="checkbox"/>	Butterfly <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/> Mushroom <input type="checkbox"/>
Worm <input type="checkbox"/> 	 <input type="checkbox"/> Bird <input type="checkbox"/>	Ant <input type="checkbox"/> 
 <input type="checkbox"/> Bee <input type="checkbox"/>	 Squirrel <input type="checkbox"/>	 <input type="checkbox"/> Plant <input type="checkbox"/>
Tree <input type="checkbox"/> 	<input type="checkbox"/>  Cloud <input type="checkbox"/>	<input type="checkbox"/>  Grass <input type="checkbox"/>

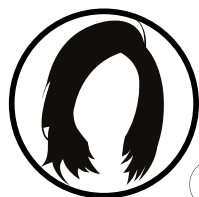
SAY IT OUT LOUD

EVERYDAY I BECOME SMARTER

X

X-RAY FEELINGS

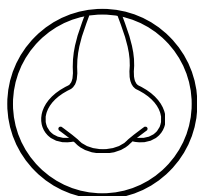
Our feelings can make our bodies feel weird. Do you know how your body feels when you are sad, mad or nervous? What parts of the body are affected? Use the crossword below to help you X-Ray your feelings.



1



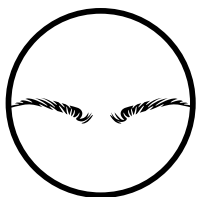
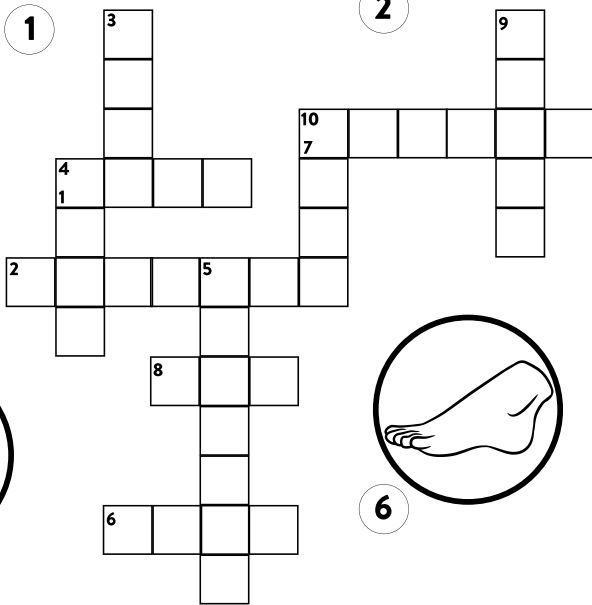
2



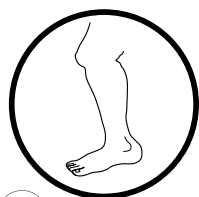
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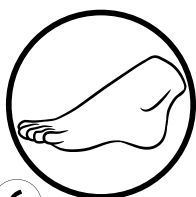
4



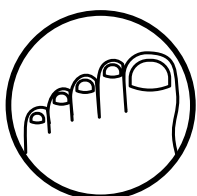
5



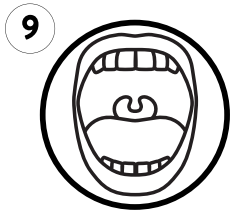
8



6



7



9



10

SAY IT OUT LOUD

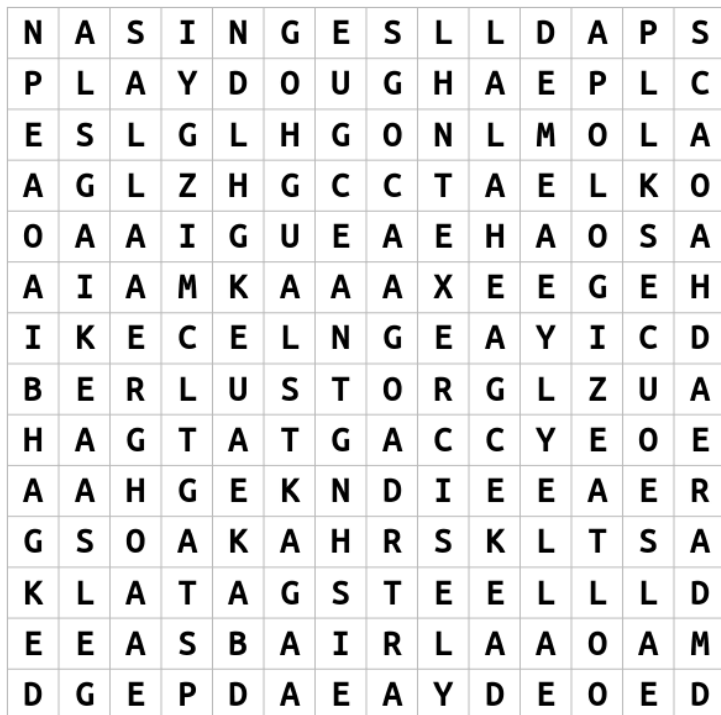
I AM BRAVE



YELL INTO A PILLOW

Feeling upset? Grab a pillow and yell into it! This is one healthy way to let go of your feelings.

There are many more ways as well. Can you find them in the word search?



BAKE

READ (a book)

EXERCISE

TALK (it out)

SING (out loud)

(create) **ART**

(play a) **GAME**

LAUGH

DANCE

APOLOGIZE

YELL (into a pillow)

(play with) **PLAYDOUGH**

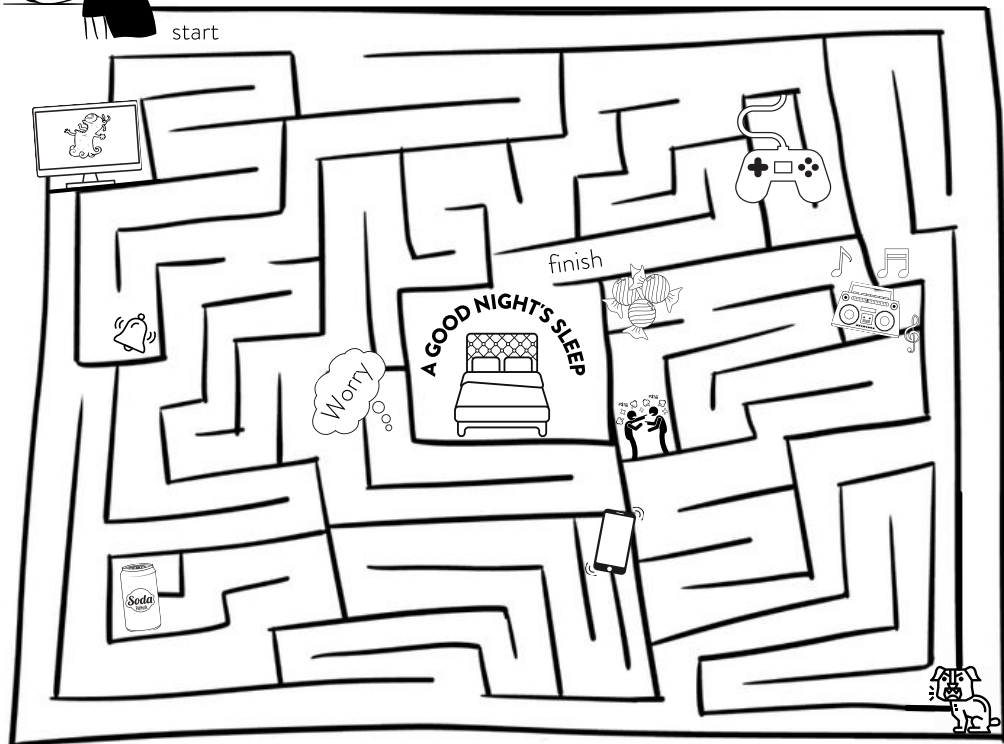
SAY IT OUT LOUD

I USE COPING SKILLS WHEN I AM MAD

ZZZZZZZZZZZZZZZZZZ

A black and white cartoon illustration of a girl with short dark hair, wearing glasses and a headband with a bow. She has a tired expression, with heavy eyelids and a small frown. She is leaning her head against a horizontal line representing a desk or table. Above her head, the text "I'm tired..." is written in a curved, handwritten style.

start



Looking at the maze, what activities should you avoid for a good night's sleep?

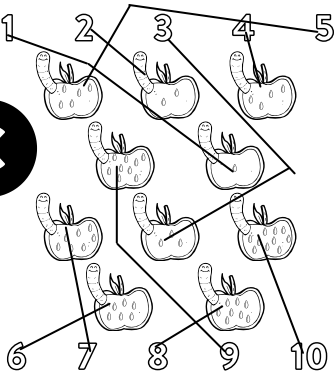
SAY IT OUT LOUD

I AM DEEPLY LOVED BY THOSE AROUND ME

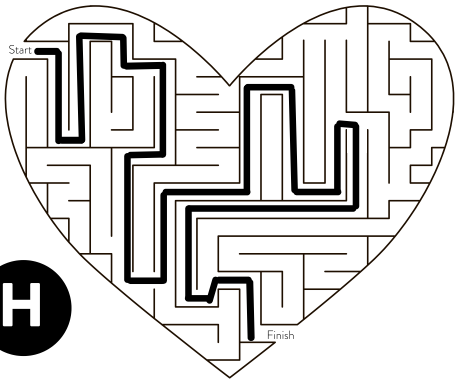
Way to go! Which mindful coping skills were your favorite? Write them below and share them with your family and friends.

ACTIVITY ANSWERS

C



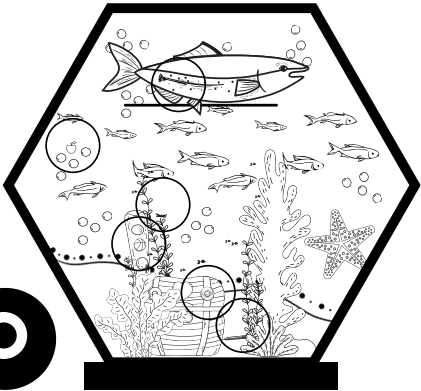
H



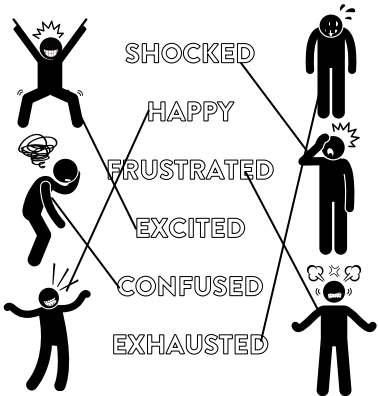
M

I	R	R	P	C	H	R	A	D	I	O	C	A	O
V	M	S	C	O	R	E	O	S	T	K	S	Y	E
P	E	E	L	I	P	I	A	N	O	C	B	E	D
T	P	Y	M	H	I	G	E	T	M	T	A	K	I
M	I	C	D	T	H	Y	U	R	O	V	M	T	V
O	E	N	M	S	O	R	S	S	I	T	E	M	P
C	B	R	E	M	A	T	O	R	T	A	O	M	D
A	I	U	T	K	M	H	L	S	S	A	E	U	C
D	N	O	T	E	A	N	O	A	O	H	R	S	A
E	T	O	O	R	R	T	B	E	A	T	B	I	R
N	T	A	N	D	R	U	M	S	Y	M	O	C	O
C	I	O	E	N	O	H	P	O	R	C	R	I	M
E	N	R	E	E	E	R	O	O	S	S	A	B	S
Y	E	S	O	T	P	A	L	T	O	R	S	E	R

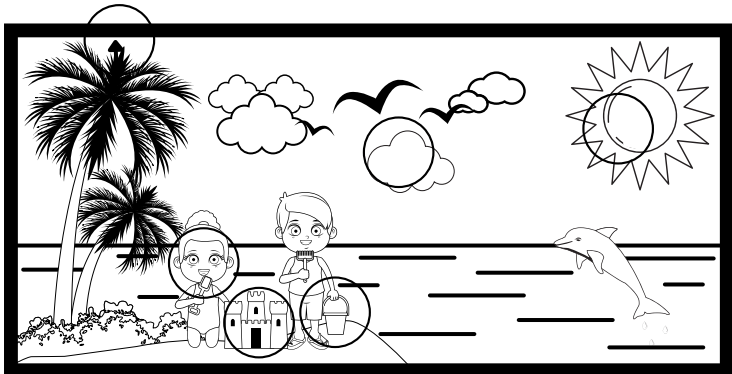
O



N



P



COUNT THE ANIMALS

See how many animals you can find in the map below.

11

SPOT THE TREES

How many pine trees do you see?

20

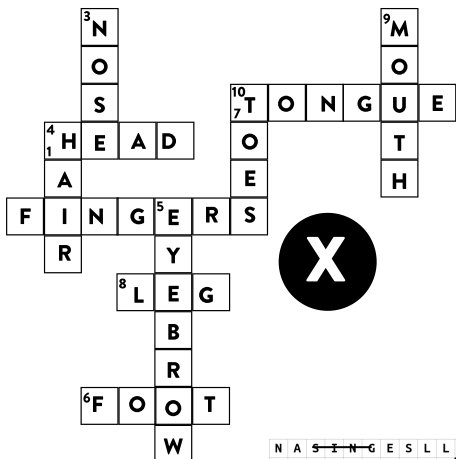


V

SEEK AND FIND

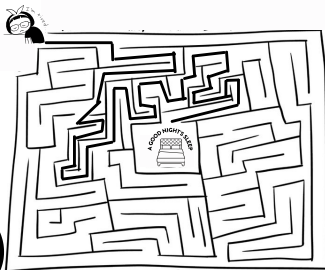
Seattle Needle
The Alamo

Mount Rushmore
Statue of Liberty

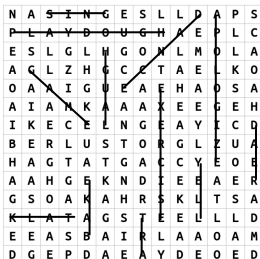


X

Z



Y





The mission of Allen County CASA is to advocate for the best interests of children who are involved with the court as victims of child abuse and/or neglect in Allen County and strive to ensure that these children are safe and have a permanent home.

**Allen County Office of GAL/CASA
1 East Main Street, Suite 421
Fort Wayne, Indiana 46802
260-449-7190
GAL.CASA@allensuperiorcourt.us
AllenCountyCASA.org**