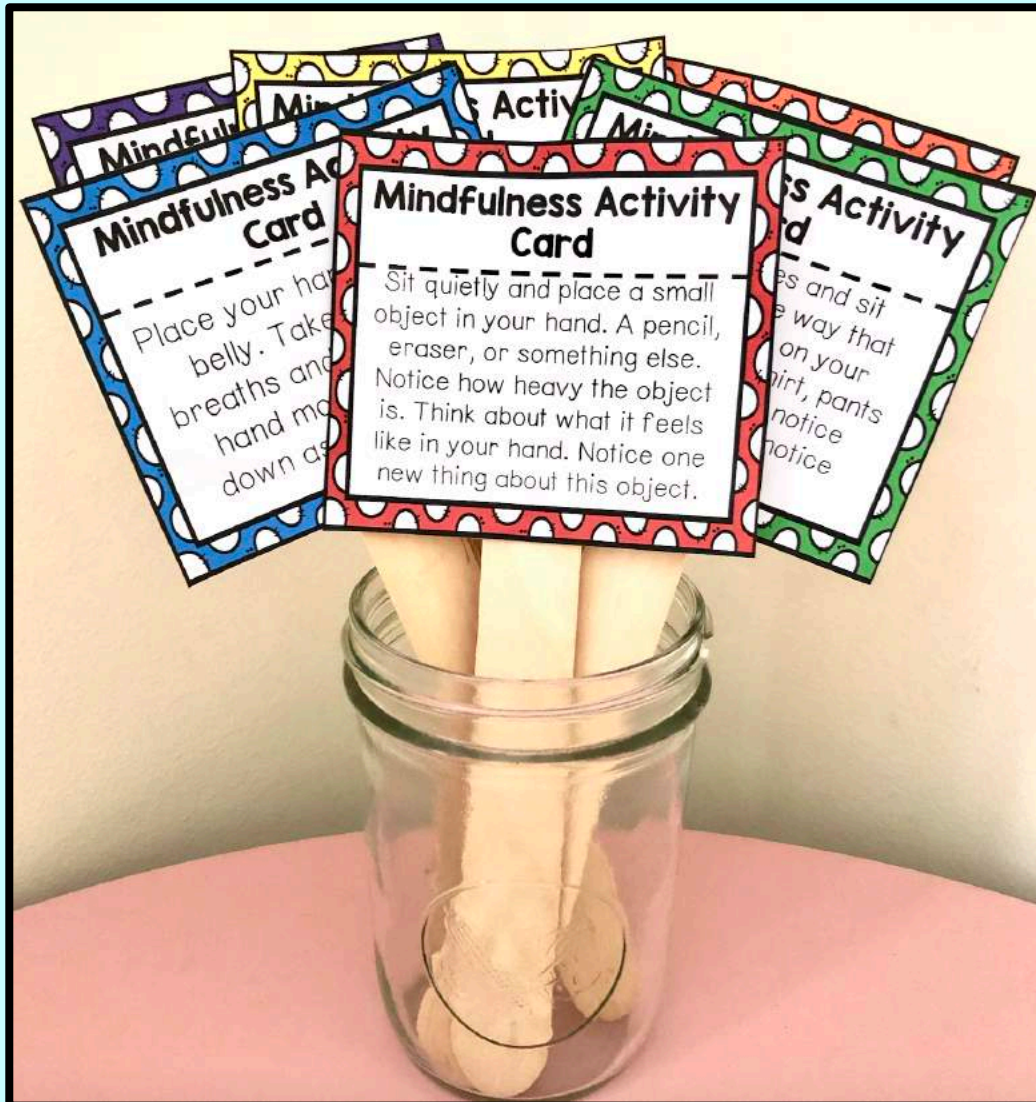


These mindfulness activity cards are perfect for:



- Mindfulness lessons
- Coping skills lessons
- Self regulation lessons
- Brain breaks
- At the beginning of lessons
- After a lesson
- After recess
- Placing in a calm down spot in your room/office
- Morning meetings

Includes 42 cards!



These activity cards will give your students a chance to re-center themselves using mindfulness strategies such as movement, deep breathing, and meditation

What Others Are Saying

“This is a great resource - easy to put together and my students loved the mindfulness activities. They used them daily. Thank you” –Emma T.

“Using these scripts are helpful before and especially after transitions in and out of the classroom to provide a quick way for them to mentally switch gears and to be ready for the next activity.”
–Janet C.

“Easy to use and choose from. I've used in classes and included in Calm Kits around our building. Students in class like to see what activity the card includes and it sometimes seems to help that the activity comes from a random card and not the teacher telling them what activity to do.” –Maria S.

Teaching About Mindfulness? Bundle And Save!

MINDFULNESS Activities

9 RESOURCE BUNDLE



These mindfulness scripts part of a bundle of 9 mindfulness resources that include games, activities, centers, interactive notebooks and more!

See the bundle here!