

Breathe like a Bear



Sit like a big, sleepy bear. Take a slow, deep breath into your belly. Feel it get bigger. Then let it all out.

My Happy Place



Close your eyes and imagine a place where you feel safe and happy. Is it a forest? A beach? A field?

Quiet Owl



Be very quiet. Close your eyes. What is the quietest sound you can hear?

Mindfulness Cards for Young Children

www.SocialWorkersToolbox.com

Free Download

54 cards



Butterfly Wings



Sit or stand. Gently flap your arms up and down like butterfly wings. Fly slowly and gracefully.

Thank You, Sun



Look at the sun. It gives us light and warmth. Say "Thank you, Sun!" What else are you thankful for?

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resources for
direct work



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FOR THEIR WORK WITH FAMILIES AND/OR TRAINING PROVIDING THAT
NO CHANGES ARE MADE TO ITS CONTENT.

Soft as a Kitten



Find something soft.
Gently touch it with
your fingers.
Feel how cozy it is.

Smell the Roses



Imagine a beautiful flower.
Take a deep breath in
through your nose.
What does it smell like?

Wiggle Your Toes



Sit down and wiggle your toes.
Wiggle them fast!
Then wiggle them slow.
Feel them move.

Taste a Rainbow



At snack time, look at the
colors of your food. Eat slowly
and taste each bite. Yummy!

Bunny Breath



Breathe in slowly like
sniffing a flower.
Breathe out slowly like
blowing a candle.

Teddy Bear Hug



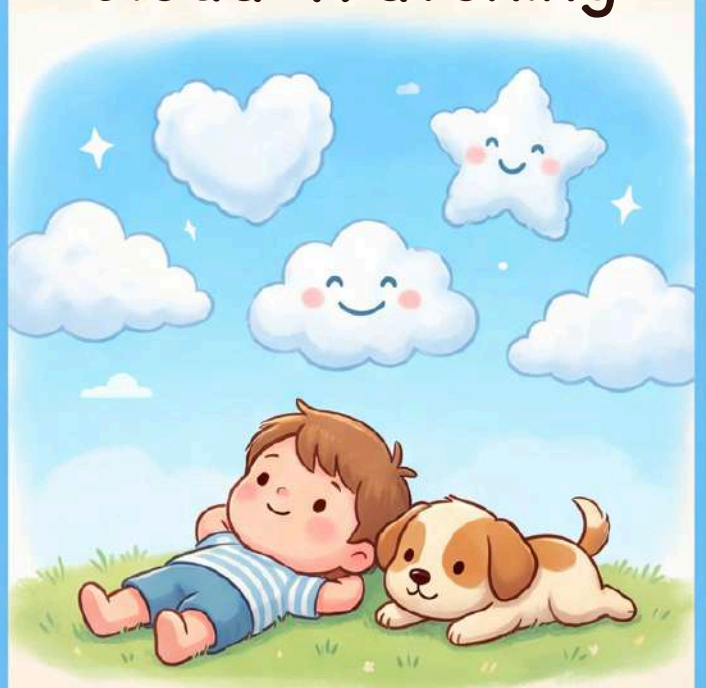
Wrap your arms around
yourself.
Give a big, warm squeeze.
Feel the love.

Listen like a Deer



Be very still.
Close your eyes.
What sounds can you hear?
Shhh...

Cloud Watching



Lie down on your back.
Look at the sky.
Watch the clouds float by slowly.

Reach for the Stars



Stand on your tiptoes.
Reach your hands up as high
as you can. Imagine you are
touching the stars.

Flower Breath



Find a flower. Smell it.
Take a big, deep breath in
through your nose.
Ahhh...

Butterfly Wings



Sit or stand. Gently flap your
arms up and down like
butterfly wings. Fly slowly
and gracefully.

Sleepy Time



Lie down in your bed. Close
your eyes. Take slow breaths.
Imagine a soft, fluffy cloud
carrying you to sleep.

I Spy a Color



Look around the room. Can you find something red? Something blue? Name the colors you see.

Feel the breeze



Go outside. Close your eyes. Can you feel the wind on your face? Is it soft or strong?

Listen to the Birds



Sit outside quietly. Listen to the birds singing. Can you hear a happy song? Shhh...

Find a Treasure



Go for a walk. Look for something special on the ground, like a pretty leaf or a smooth stone. It's your treasure.

Feeling the Grass



Sit down. Reach out and touch the grass.
Is it soft? Is it tickly? Feel it.

Quiet Ears



Find a quiet place. Look at a picture book. You do not need to hear anything.
Just look and feel calm.

Steady as a Rock



Stand tall.
Imagine your feet are roots growing into the ground.
Feel steady and strong.

Inner Light



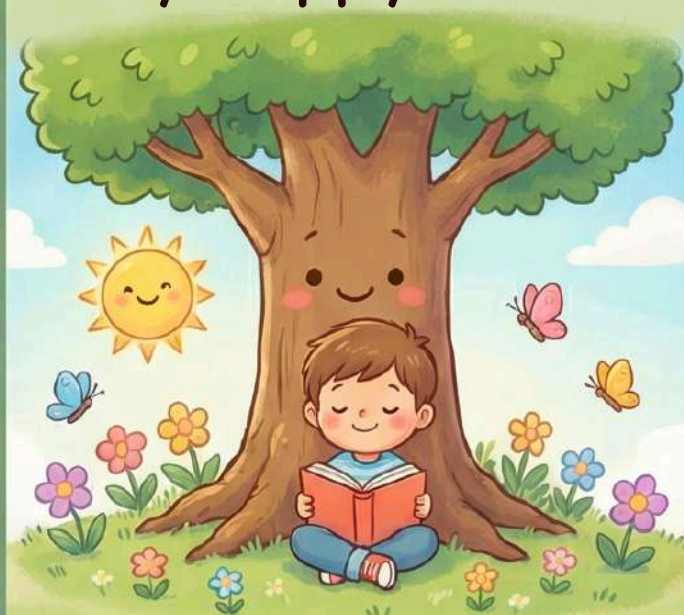
Close your eyes. Think of a warm, happy light inside your chest. Let it shine bright.
Feel happy.

Breathe like a Bear



Sit like a big, sleepy bear. Take a slow, deep breath into your belly. Feel it get bigger. Then let it all out.

My Happy Place



Close your eyes. Imagine a place where you feel happy and safe. Is it a beach? A forest? Your room?

Be a Star



Stand up tall. Stretch your arms and legs out wide. You are a bright, shining star.

I am Special



Look in the mirror. Smile at yourself. Say, "I am kind. I am loved. I am special."

Thank You, Sun



Look at the sun. It gives us light and warmth. Say "Thank you, Sun!" What else are you thankful for?

Sending Love



Put your hands over your heart. Think of someone you love. Send them a big, warm hug with your mind.

Kind Words



Think of a kind word. Say it a friend or a family member. Notice how it makes them smile.

Happy Memory



Close your eyes. Think of a happy time you had. A time when you laughed a lot. Remember that happy feeling.

Calm Moment



Sit on your mat.
Close your eyes.
Take a quiet moment and feel
calm inside your heart.

Sharing a Smile



Think of a friend.
Give a big smile.
Sharing a smile is a kind
thing to do.

Listening for Peace



Stand very still.
Listen to the gentle sounds
around you.
Feel calm and peaceful.

Grateful Heart



Put your hand on your heart.
Take a slow breath.
Think of one thing you are
thankful for.

Magic Carpet Ride



Sit on a rug. Close your eyes.
Imagine it is a magic carpet.
Where will it take you?

Blowing Out Candles



Imagine a birthday cake with
candles. Take a deep breath in,
then blow out the candles
one by one. Whoosh!

Swimming like a Fish



Lie on your tummy. Move your
arms and legs like a fish
swimming in the ocean.
Splash, splash!

Watching the Rain



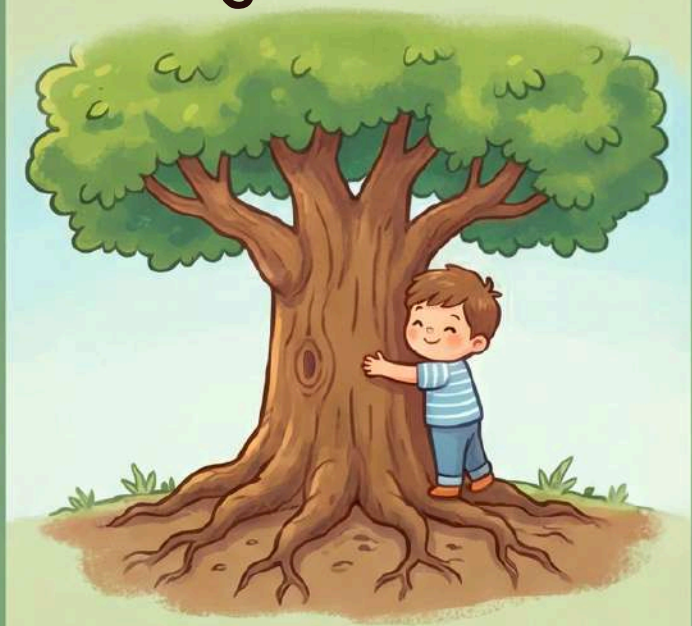
Sit by a window. Watch the
rain fall. Listen to the
pitter-patter sound. Feel safe
and warm inside.

Grow like a Flower



Crouch down small like a seed.
Then slowly stand up tall,
reaching your arms up to the
sun like a growing flower.

Strong like a Tree



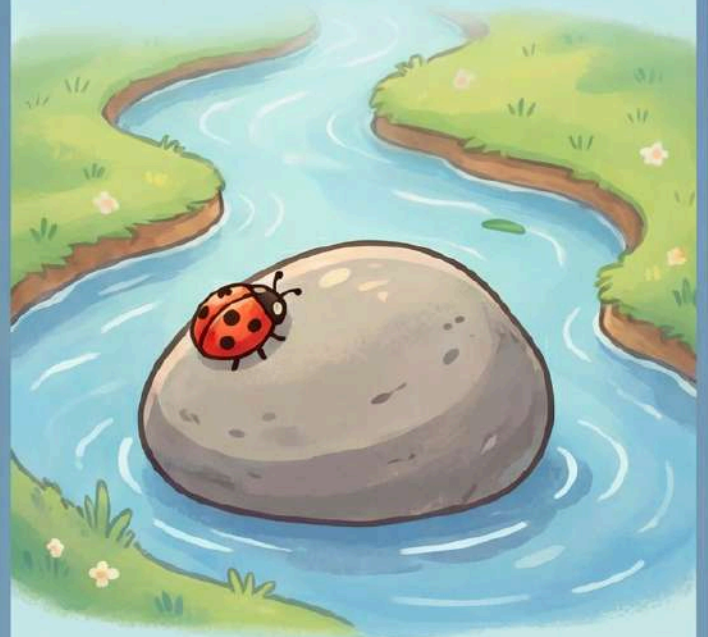
Stand with your feet apart.
Imagine roots growing from
your feet deep into the ground.
Feel strong and steady.

Wiggle like a Worm



Lie on your tummy on the
floor. Wiggle your whole
body from head to toe like
a worm in the dirt.

Still like a Stone



Lie down on your back.
Be very, very still and quiet
like a smooth stone by the
water. Close your eyes.

Floating Leaf



Imagine you are a leaf
floating on a river.
Let your worries float away
just like the leaf.

Quiet as a Mouse



Shhh... be very, very quiet.
Tiptoe around the room.
Can you make no sound
at all?

Blow a Bubble



Imagine you are blowing a big
bubble. Breathe in slowly,
then blow gently to make it
bigger and bigger.

Starry Night



At bedtime, look out
your window at the stars.
How many can you count?
Make a wish.

Stretch like a Cat



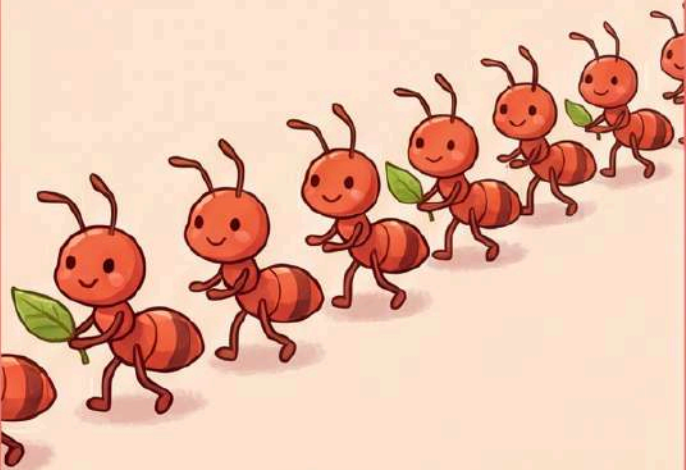
Get on your hands and knees.
Arch your back like a scared
cat. Then stretch it flat.
Meow!

Fly like a Bird



Stand up tall. Spread your
arms out wide like wings.
Flap them slowly up and
down. Fly!

March like an Ant



Stand up and lift your knees
high. March in place.
One, two, one, two.
Be a busy ant.

Curl up like a Ball



Lie down on the floor.
Tuck your knees into your
chest. Wrap your arms around
them. Be a tiny, quiet ball.

Listening Walk



Go for a slow walk. Listen.
Can you hear three different
sounds? A bird? A car?
Maybe the wind?

Cloud Shape



Lie on your back. Look at the
clouds. Can you find a cloud
that looks like an animal?
What is it doing?

Nature Shapes



Sit on the grass.
Look around you.
Can you find a shape in nature
like a circle, a square or a star?

Smelling the Rain



Take a deep breath after it rains.
Can you smell the wet earth and
fresh air? It's a special smell.

Happy Hippo



Think of something that
makes you happy.
Smile a big, wide
hippo smile.

Quiet Owl



Be very quiet.
Close your eyes.
What is the tiniest sound
you can hear?

Slow Snail



Walk very, very slowly.
Like a snail.
Can you feel every step?

Hugging Bear



Give yourself a big, warm
hug. Squeeze gently.
Say, "I am safe. I am loved."

Butterfly Breath



Sit calmly. Breathe in slowly.
Imagine a butterfly on your
hand. Breathe out gently so
it does not fly away.

Puddle Jump



Stand up. Imagine a big puddle.
Jump! Feel the splash.
Shake your whole body
like a happy dog.

My Cozy Shell



When you need a quiet moment,
curl up small like a turtle in its
shell. Feel warm and safe inside.

Kindness Ripple



Do one small, kind thing today.
Watch the kindness spread
like ripples on water.

Starfish Stretch



Lie down flat. Stretch your arms and legs out as wide as you can. Imagine you are a starfish on the sand.

Slow like a Sloth



Move your body very, very slowly. Take your time. Be a slow, sleepy sloth hanging from a tree.

Lion's Roar



Kneel down.
Take a deep breath in.
Then stick out your tongue and make a big, quiet 'roar'!

Kitten Curl



Curl up into a small ball. Wrap your arms around your knees.
Be a tiny, sleepy kitten.

About this Resource

This free set of Mindfulness Activity Cards for Young Children is a child friendly, printable PDF designed to help young children learn simple mindfulness skills through play, movement and sensory awareness. The pack includes 54 beautifully illustrated cards that guide children through breathing exercises, grounding activities, calming movements and imagination based mindfulness. Each card uses clear, gentle language that is easy for young children to follow.

The activities include breathing techniques such as Bunny Breath, Flower Breath, Butterfly Breath and Breathe like a Bear. Movement based prompts include Reach for the Stars, Wiggle like a Worm, Stretch like a Cat, Fly like a Bird, Slow like a Sloth and Starfish Stretch. Sensory and grounding cards encourage children to notice textures, sounds and sights, such as Soft as a Kitten, Smell the Roses, Listen like a Deer, Feel the Breeze, Listening Walk and Nature Shapes. Several cards support emotional regulation, such as Inner Light, Calm Moment, Hugging Bear and I am Special. Imagination cards like My Happy Place, Magic Carpet Ride, Floating Leaf and Cloud Watching help children relax and feel safe.

These mindfulness cards are suitable for parents, carers, teachers, early years practitioners, social workers, counsellors, therapists and anyone supporting children who need help with calming, focus, emotional awareness or anxiety. They can be used during direct work, play therapy, early years sessions, circle time, bedtime routines or family activities. The cards help children slow down, breathe, notice their body, understand feelings and build coping skills in a playful way.

This downloadable PDF is ideal for anyone searching for mindfulness cards for kids, calming activity cards, preschool mindfulness printables, early years wellbeing resources, sensory grounding tools, therapy activities for young children or emotional regulation resources that support calmness, attention and emotional wellbeing.

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