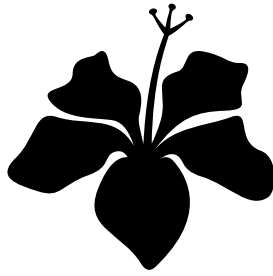


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mini *Mindful* Journal





Instructions:

Step 1: Go to your “Mindful Spot.” This can be anywhere you can find peace. (For example, outside under a tree or in a corner of the room).

Step 2: Choose a mindfulness activity from this booklet and record your thoughts.

Step 3: With your parents help and permission, share your finished journal pages and insights on Coriaria’s social media pages ([coriaria.com](http://coriaria.com) #Coriaria @coriariallc OR [MyMindfulMat.com](http://MyMindfulMat.com) #MyMindfulMat)

## Mindful Activity 1: Color Matching

Instructions: Find something around you that matches the following colors. Next to each color, draw that thing. Next to your drawing, write details that you notice about it (IE. How big is it? What texture does it have? What sound does it make?)



## Mindful Activity 2: Breathing Art

Instructions: Place your hand on your belly and breath in and out deeply 5 times. Then, draw or write a description below of what you thought of or imagined as you were breathing.

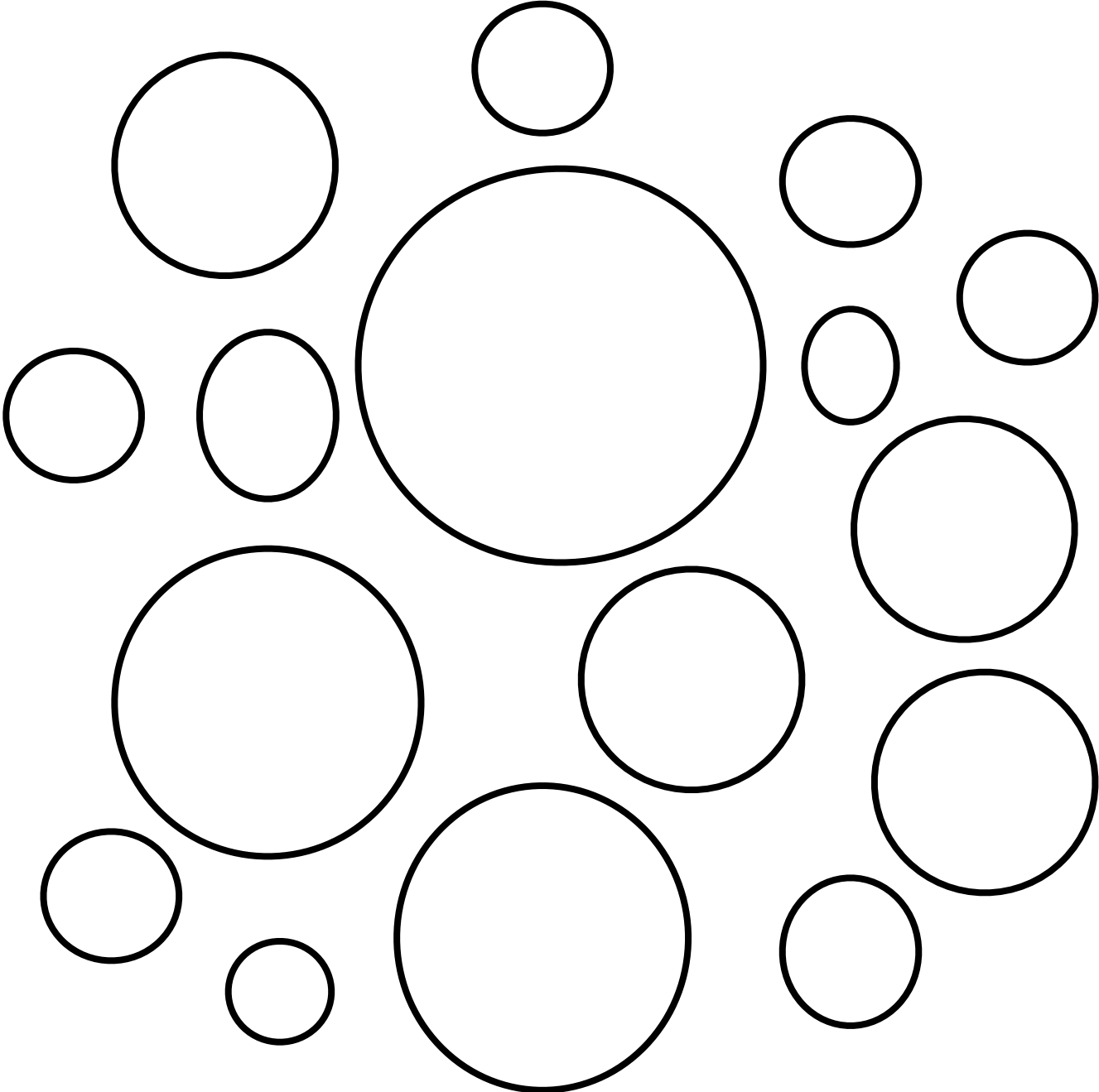
### Mindful Activity 3: Emotion Reflection

Instructions: Look at the following emotions. Next to the faces, write times that you have felt that way.



**Mindful Activity 4: Thought Bubbles**

Instructions: Let your thoughts flow in and out like bubbles. As you sit and think for at least 3 minutes, write some of the thoughts down in the bubbles below (consider writing or drawing “big” thoughts in the big bubbles and “little” thoughts in the little bubbles).



## Mindful Activity 5: Sound Mapping

Instructions: On the top half of this page, write (with words) the things that you hear in front of you, to the side of you, and behind you. On the lower half of the page, draw pictures of what you heard.

