

Mindfulness Kits for Kids



To create a mindfulness kit, please put the following items in a decorated box. Most items can be purchased at the dollar store.

- 5 coloring sheets
 - Free printable sheets available at <https://www.crayola.com/featured/free-coloring-pages/>
- A small journal
- Box of new crayons
- Stress ball (can be [DIY](#) with or without aromatherapy essential oils)
- A positive hand written note
- One of each of the writing prompts on the next page (card stock preferred)

What makes you feel like a strong person?

What is your greatest strength?

You are going on a week-long camping trip but you can only take three items. What would you take and why?

Write a list of things that make you feel good.

Think about a time someone made you feel happy and write about it below.

What are you thankful for?

Use sensory detail to describe where you are right now.

If you could choose one superpower to have for a day, what would it be and how would you use that power?

**United Way
of Northeast Florida**

