

A large graphic with a thick purple border containing the text 'MENTAL HEALTH MATTERS' in a colorful, rounded font. The letters are arranged in three rows: 'MENTAL' (top), 'HEALTH' (middle), and 'MATTERS' (bottom). Each letter is a different color: M (pink), E (purple), N (green), T (red), A (orange), L (blue) in the first row; H (orange), E (blue), A (orange), L (purple), T (green), H (green) in the second row; M (purple), A (red), T (orange), T (green), E (blue), R (pink), S (red) in the third row.

MENTAL  
HEALTH  
MATTERS

1N5.org | STOP THE STIGMA.  
START THE CONVERSATION.

# Youth Mindful Activity Book

# Mindfulness



## What is mindfulness?

Mindfulness<sup>1</sup> is being **present** in the moment. This means we **notice** our **body**, our **thoughts**, our **feelings**, and the **space** around us, all with our full attention and **without judgment**.

## Why is mindfulness important and how does it help us?

Mindfulness can have a **positive effect** on our **brain and body!** It can help us learn how to **notice** and **change our thinking**, which helps us better **control our feelings**. Mindfulness can help us become **less stressed**, teach us ways to **cope with big emotions**, and help us grow in thankfulness, also known as **gratitude**.



1 - "What Is Mindfulness?" Greater Good Magazine, The Greater Good Science Center.

# Activity List



Breathing Exercises



Mindful Coloring  
& Drawing



Positive Affirmations



Mindful Movement



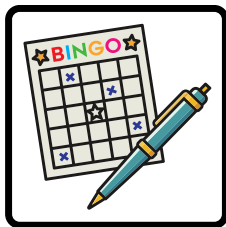
Grounding Exercise



Gratitude Jar



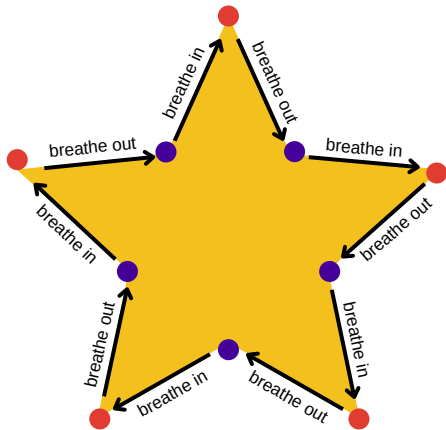
Mindfulness & Music



Mindfulness Bingo

## Star Breathing:

Breathing exercises can help **calm our mind and body**. Taking **deep breaths** with star breathing<sup>2</sup> can help **calm our brain** when it's filled with fear, anger, or worry. Follow the directions below and try it out!



1. Place your **finger** on any **purple dot**.
2. **Follow the arrow** while you **breathe in**.
3. Hold your breath at the **red dot** for **3 seconds**.
4. **Follow the arrow** while you **breathe out**.
5. Come back to a **purple dot** and start star breathing **again**.
6. **Keep going** until you've traced the whole star and have taken a total of **5 deep breaths**.

2 - "Breathing Star - Free Printable." Your Therapy Source, Your Therapy Source, 15 Mar. 2022.

## Birthday Cake Breathing:

Just like star breathing, birthday cake breathing<sup>3</sup> can help us **feel calm** when we are **feeling big emotions**. Try it out below!



1. **Imagine** your **FAVORITE birthday cake** is put in front of you. **Hold up one hand in front** of you with all your fingers straight and **pretend** they are **candles** on your favorite cake.
2. Take a **deep breath in** through your nose, like you are **smelling your birthday cake**.
3. **Breathe out** through your mouth, blowing out one candle and **putting down one finger**.
4. **Keep** doing birthday cake **breaths** until **all your candles are blown out** and all fingers are down, forming a fist.

3 - "Calm down with Birthday Cake Breathing!" Take Care Club, Take Care LLC, 2019.

# Mindful Coloring



Mindful coloring<sup>4</sup> can help us be more **creative and relaxed**. It can also help **lower** feelings of **stress, anger, and worry**. Other art forms, such as doodling, drawing, crafting, and photography, can help in similar ways.

**Grab your favorite supplies** and color the picture below!



4 - Currie, Lisa. "11 Impressive Benefits of Mindful Coloring Pages for Kids and Adults." Ripple Kindness Project, Ripple Kindness Project, 4 July 2022.

For resources, please visit [1N5.org](https://www.1n5.org) ● Stop the stigma. Start the conversation.

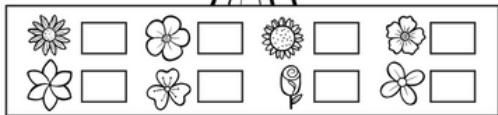
# Mindful Coloring & Searching



When you are in the **moment and focused** on a task you have a sense of control and this can increase your mindfulness. It can help **calm** you.

Try finding the hidden objects in the picture. You can color them as you find them if you want.

## I SPY (FLOWERS)



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# Mindful Drawing



Just like mindful **coloring**, mindful drawing can be a **super power to de-stress**. Grab your **favorite drawing supplies** and favorite colors, then **take your time drawing your answers** to the questions below.

**Draw the people, places, or things that:**

make you feel **JOY** 

make you feel **RELAXED** 

make you feel **LOVED** 

make you feel **EXCITED** 



# Positive Affirmations

Positive **affirmations**<sup>5</sup> are **positive words** we tell ourselves that **build us up** and can help **change unhelpful thoughts**. Saying these affirmations **out loud in a mirror** can **help us** believe more positive, wonderful things about ourselves and encourage us to **believe those positive words are our truth**.

1. Start by thinking, "**What positive, feel-good words do I need to tell myself today?**" Write those affirmations in the bubbles below.
2. When you're ready to take the next step, **stand in front of a mirror** and **read your affirmations out loud** as many times as you need to.
3. **Keep trying** this activity **every day** until you believe all the words you're saying about yourself are true.

*(because P.S... they totally are all true!)*



5 - Kristenson, Sarah. "125 Mirror Affirmations That Will Boost Your Confidence." Happier Human, Happier Human, 27 June 2022.

# Positive Affirmations

Here are some more affirmations. Close your eyes, move your hand around and with one finger touch the paper. Say the affirmation your finger touches. Say it again. Remember this any time today when you need a mood boost.



# Mindful Movement

Mindful movement<sup>6</sup> not only **helps** our physical health, but our **mental health too!** Mindful movement is any type of exercise you can use to **release built up energy**. This can be through stretching, walking, dancing, wiggling, running, and much more!



## Practice

## &

## Think

### Shake it out:

1. Stand up straight & start wiggling your legs like a jellyfish.
2. Then shake your hips, stomach, arms, & head until all parts of your body are moving.
3. As you continue, you can shake everything harder & walk, jump, or run around. It can also help to smile & close your eyes while you shake.



Take a mindful moment after shaking it out to focus on your body & ask yourself these questions:

1. How do my legs, arms, and belly feel?

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2. Which part of my body feels tight (if any)?

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3. Is my breathing fast or slow?

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# 5-4-3-2-1 Grounding 1N5

Grounding exercises<sup>7</sup> can help **connect** us to the **present moment** and help **stop anxious thoughts or worries**. One way to practice grounding ourselves is to **notice all five of our senses**. Try each **one at a time** in the order below.



5 things you can **SEE**



4 things you can **TOUCH**



3 things you can **HEAR**



2 things you can **SMELL**



1 thing you can **TASTE**

7 - "10 Grounding Exercises for Kids." Counselor Keri, 8 Sept. 2019.

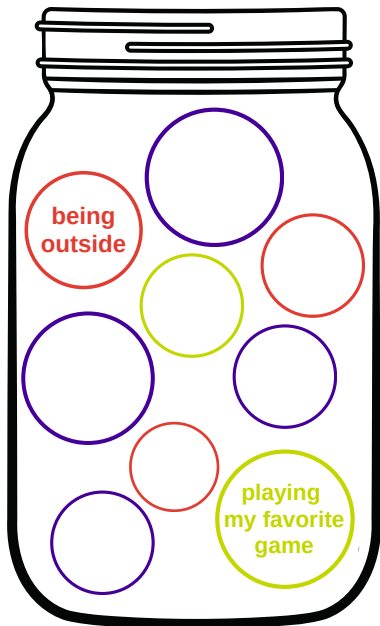
# Gratitude Jar



Showing gratitude<sup>8</sup> means being **thankful** for the **good things** in our life. Practicing gratitude can **bring us joy** and help us be **more kind** to **ourselves and others**.

## How to create a gratitude jar:

1. **Ask** for an **empty jar** and a few small blank **pieces of paper**. If you **don't have a jar**, no worries, just **use the one on this page!**
2. **Decorate** the jar any way you would like!
3. Write or draw **one thing** you are **thankful for** on **each piece of paper** or in **each bubble** on this page.
4. **Place** the **papers inside** the **jar** when you are done.



When you're **feeling down** or could use a smile, **pull a piece of paper** from the jar to **remind you** of the **joys** you have all around you!

8 - Tamm, Lauren. "Best Way to Teach Kids Gratitude: Host a Do Good Day!" Kids Activities Blog, Kids Activities Blog, 8 May 2022.

# Music & Mindfulness 1N5

Music<sup>9</sup> can help make us feel **more relaxed** whether we're stressed, sad, mad, or confused - **any mood!** Mindful music includes **listening**, **singing** along with, or **dancing** to music; it can even include **playing** a musical instrument!



## Practice

## &

## Think

1. **Grab** a **speaker** or some **headphones**.
2. Find a quiet, **safe space** where you **won't be interrupted**.
3. Pull up your **favorite song** on Youtube, Spotify, Apple Music - whatever you enjoy best!
4. Start **playing your favorite song** & turn the volume up.
5. Try to listen with your whole body & **let the music move you!** You can dance or simply sway to the beat.
6. **Notice your thoughts** & feelings **without judgment** as you try to focus on the music. If you feel your **thoughts wandering**, notice them and **refocus on the music**.

After listening, ask yourself these questions:

1. **How** did my **body feel** when I practiced mindful music?
  2. **What** different **sounds** did I hear?
  3. **What thoughts & feelings** did I have? Did I feel relaxed, happy, clear-headed?
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9 - Cherry, Kendra. "How Listening to Music Can Have Psychological Benefits." Verywell Mind, Dotdash Meredith, 29 Aug. 2022.

# Mindfulness Bingo



Mindfulness can even be **turned into a game**, like bingo!  
**Complete as many** of the activities on the bingo board as you can and see if you can get **three in a row**, or even the **whole board**!

Listen to a song that always puts you in a better mood

Write a letter to an important person in your life

Offer to help someone in your home with a task

Find a quiet spot in nature & spend some time there (ask first!)

Give a friend a nice compliment

Eat your favorite food & drink a full glass of water

Draw a picture or make a craft to show someone you appreciate them

Do star or birthday cake breathing

Turn off screen time for one extra hour

**Remember to treat yourself after completing these activities!**

**Stop** the stigma.  
**Start** the conversation.



For **more resources**  
and activities, **check out**  
our self-care page using  
this **QR code!**



Download 1N5's Reach Out app for quick access to  
mental health information and resources, including  
direct connections to emergency services.

