

# My Mindful Morning

rachel  
howe  
occupational  
therapist



## 1. Feelings Check In - How do you feel this morning?



Happy  
Calm



Excited  
Very happy



Worried  
Scared  
Nervous  
Anxious



Upset  
Sad  
Not happy

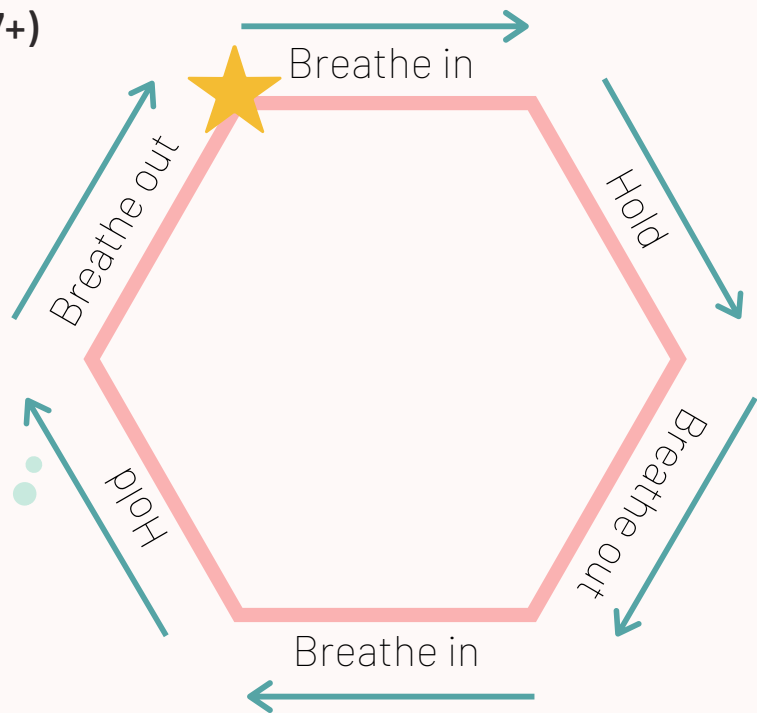


Angry  
Frustrated  
Mad

## 2. Breathing Activity (ages 7+)

Put your finger on the star.  
Follow the arrows and trace  
the shape as you breathe.

Breathe in for 3 seconds.  
Hold your breath 3 seconds.  
Breathe out for 3 seconds.  
Do this again.



## Breathing Activity (all ages) - Bubble Breathing



Take a deep breath in.

Breathe out and pretend that you are blowing  
bubbles with a bubble wand.

Maybe you would like to use real bubbles for  
this activity!

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Name 5 things you can  
**SEE** around the room

## 3. Mindfulness Activity



## 4. Gratitude Activity - What are you thankful for this morning?

My friends



My family



My pet

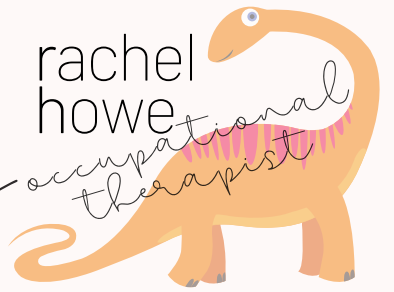


Something else?

Have a mindful day!

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Time

Activity

Done

7:00

Wake up



*Example*

Breakfast



My Mindful Morning Activities



Get Dressed



Brush hair and teeth



*Example*

Get school bag



8:30

Ready for school



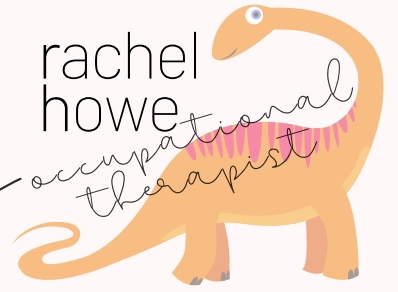






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## Activity Images

Cut out images and glue to your visual schedule  
instead of using words for 'activities'

