

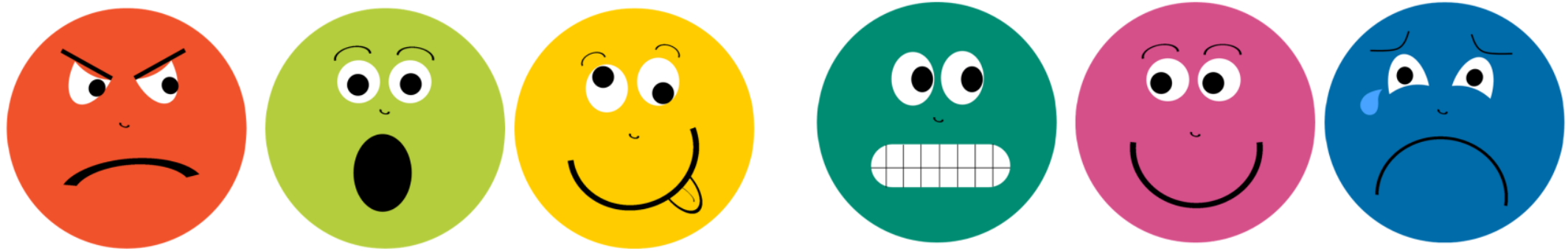


# **Breathe with Me:** Mindfulness for Emotion Regulation (Printable Toolbox)



# Mindful Toolbox

Mindfulness is a way to anchor to the present moment and reconnect our body with our mind. Practice these exercises on your own and add to your mindful toolbox as you discover new ways to refocus and re-center.



Mindfulness helps us regulate different emotions and feelings as they come up.

**Can you make these faces and name these feelings?**

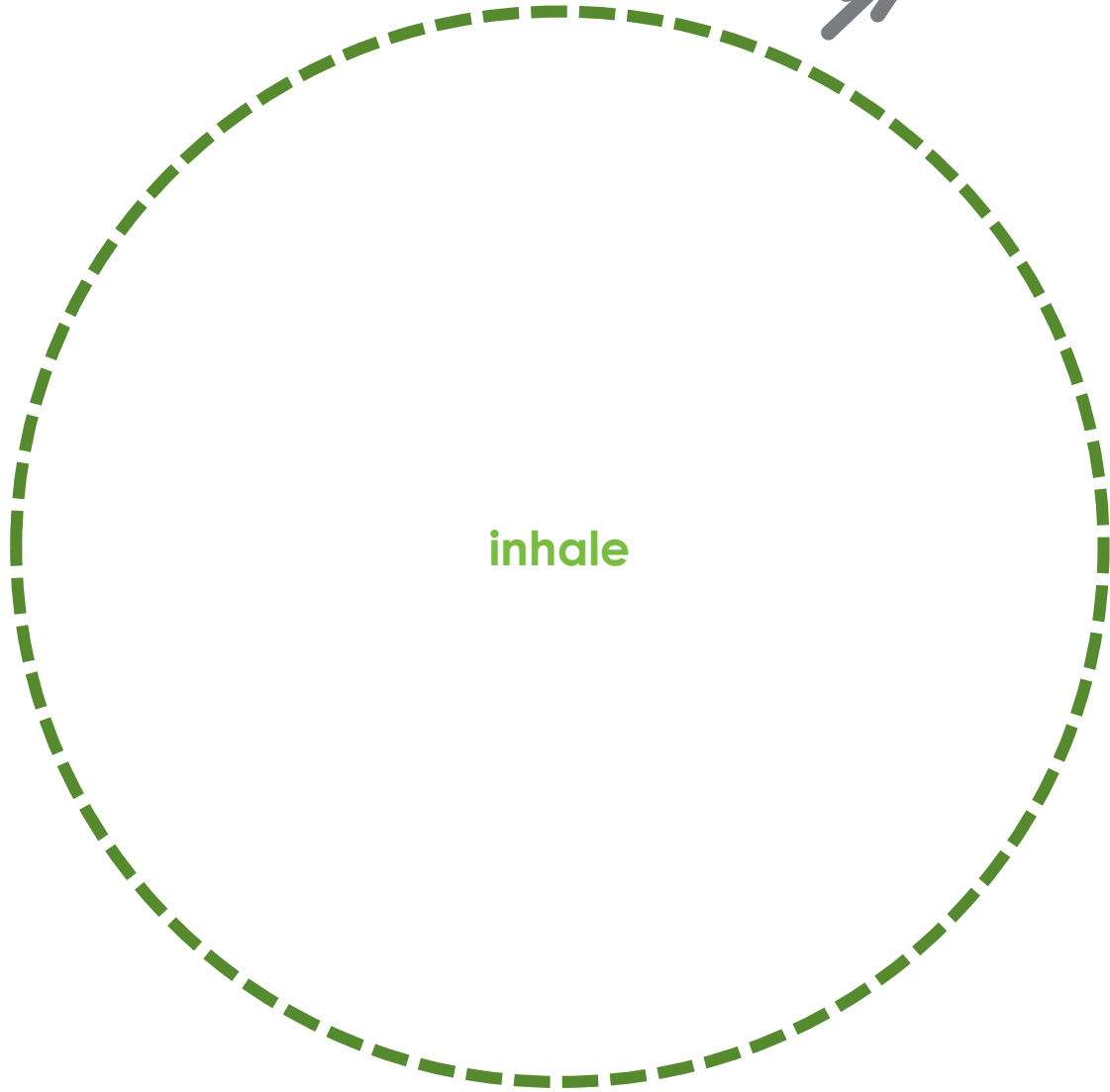
# #1 – Breathe Upon a Star

Practice mindful breathing while focusing on tracing the outline of your hand.

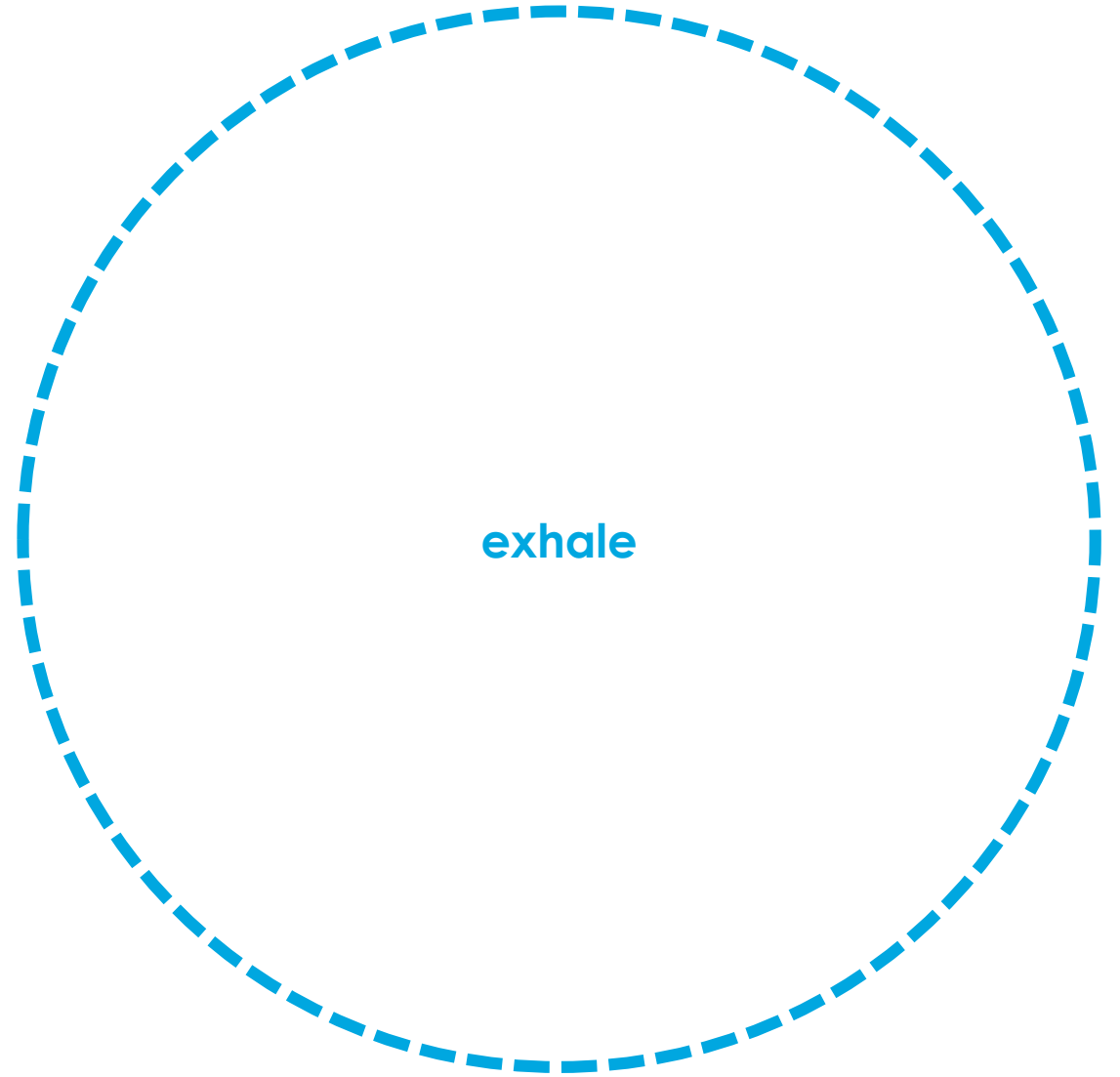
**Things to notice:** Pay attention to how fast you breathe and trace. Try to focus on taking slow deep breaths.

Spread your palm out like a star. Trace the outline of your hand with the index finger on your other hand. Trace up as you inhale, down as you exhale. Repeat until you've taken five deep breaths and repeat on the other hand.





inhale



exhale

Trace the circles to help you take slow, full breaths.

## #2 – Lemon Squeeze

Isolate different muscles by tensing and releasing each muscle group to help relax the body and connect the body back to the mind.

**Things to notice:** Pay attention to warmth or a tingly feeling in the muscles as you release and relax. Sometimes we don't even realize how our muscles might tense up during different parts of the day or with different emotions.

Starting at the feet, take note of the different muscle groups in the body including the feet, legs, belly, shoulder, arms, and hands. Gently squeeze the muscles in each group while inhaling and counting to five. Exhale and slowly release at the same pace. Repeat with each group and finally the whole body together.



feet

legs

belly

shoulders

arms

hands

body

Gently squeeze the muscles in each group as you inhale and count...

**1... 2... 3... 4... 5...**

Exhale and release.

## #3 – I AM

Pair belly breathing with positive affirmations to calm the mind and reframe your outlook.

Place your left hand over your heart and your right hand over your belly. Inhale and notice them rise, exhale notice them fall. Before each deep breath – say a positive “I am” statement out loud. As you breathe, imagine you are bringing all of that quality that exists within you to share out into the world as you exhale.

I am strong.

I am brave.

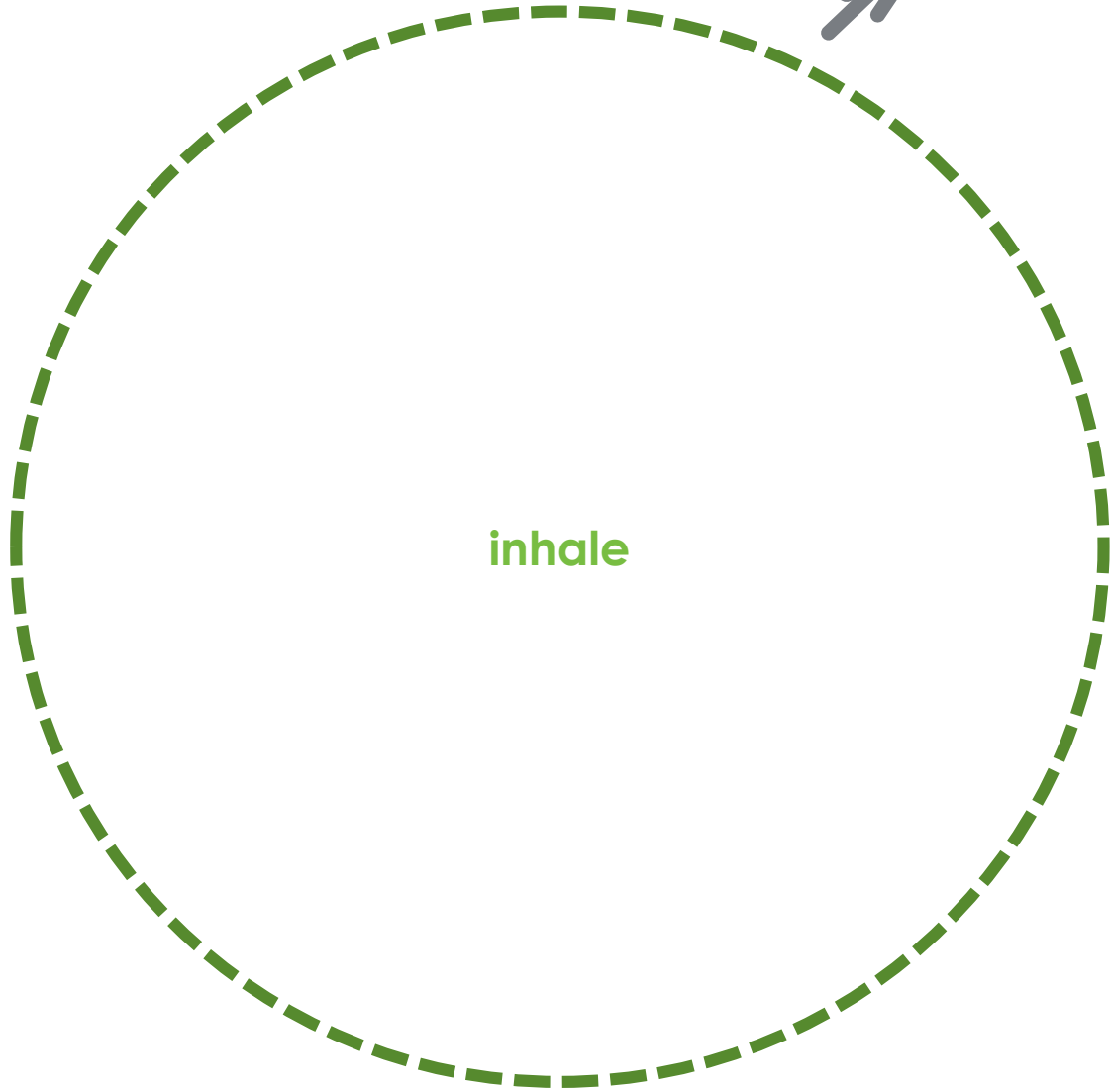
I am kind.

I am powerful.

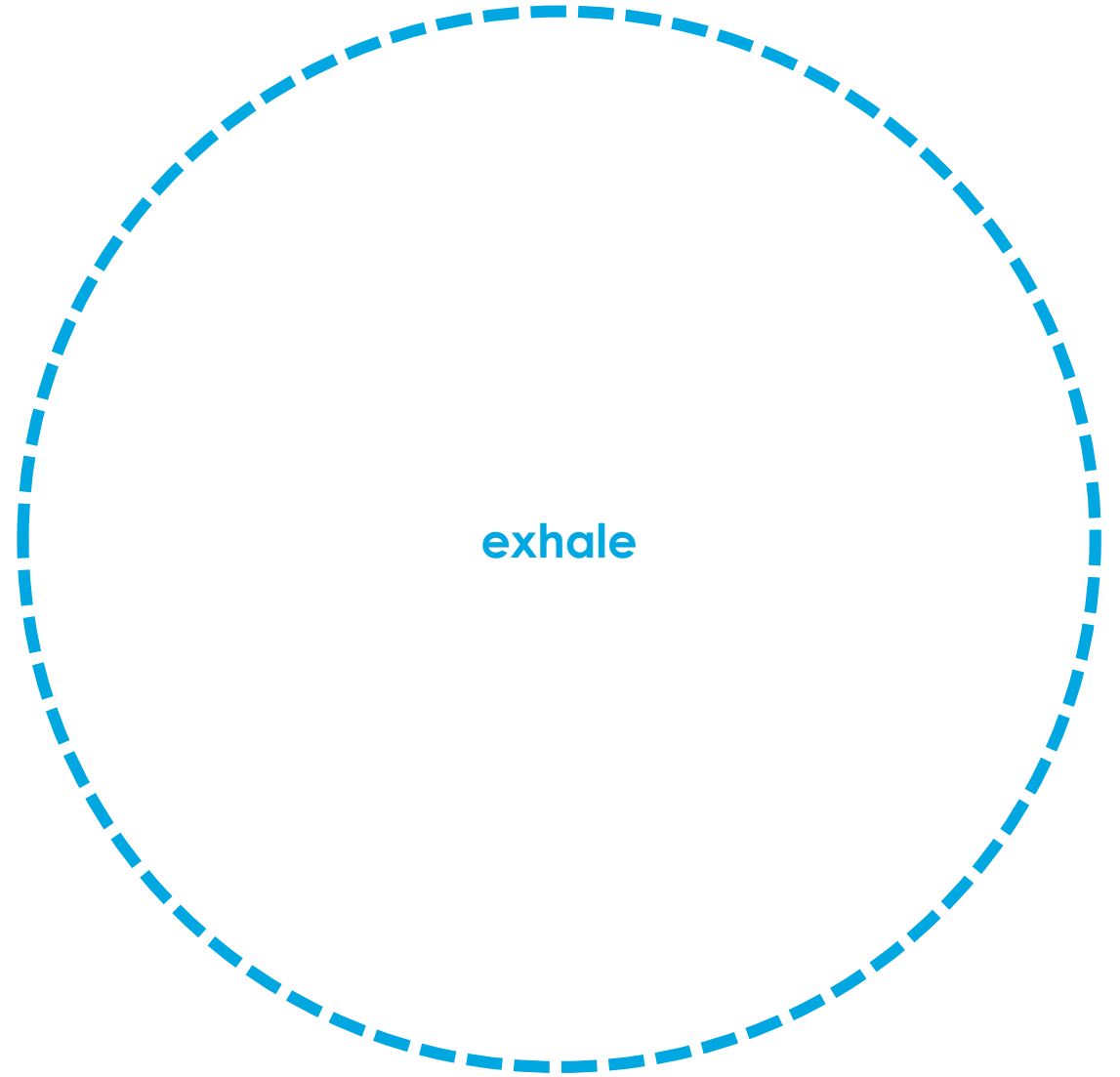
I am important.







inhale



exhale

Trace the circles to help you take slow, full breaths.

# #4 – Five Senses



Use your five senses to reflect on your surroundings and help anchor to the present moment.

Find a comfortable position and use your five senses to reflect on your current surroundings. Find 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste.





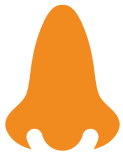
5 things you SEE



4 things you FEEL



3 things you HEAR



2 things you SMELL



1 thing you TASTE

# More Digital Tools and Resources

- » [Activity Library: Social Emotional Health \(Action for Healthy Kids\)](#)
  - Resources and activities for mindful movement, play based yoga, and more.
- » [Social-Emotional Learning at Home and at School](#) (Action for Healthy Kids)
  - Crosswalk of activities for social emotional learning for families and school staff

## **Partner Resources**

- » [Yoga for Kids \(en español\)](#) (Cosmic Kids)
- » [Yoga Ed Video Library](#) (Yoga Ed)
- » [Mindful Remote Learning](#) (Yoga Foster)
- » [SEL Journeys at Home](#) (EduMotion)
- » [Free Digital SEL Resources for Families and Schools](#) (SEL Providers Council)
- » [Compassion, Character, Mental Wellness: Free Digital SEL Lessons](#) (EVERFI)
  - [Digital Lessons for Families and Remote Learning](#) (EVERFI)