



# Mindful Moments

## Early Learners (Ages 3-5)



1. How do you feel today? Draw it.

2. Point to where your feeling is in your body.



3. What color is your feeling today? Why?





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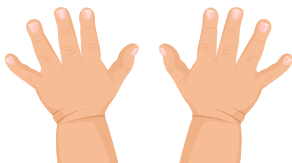


1. Take 3 deep breaths, what does your body feel like now?



2. Draw a picture of a place where you feel calm.

3. Show with your hands how big your feelings are right now.





# Mindful Moments

## Early Learners (Ages 3-5)



1. Who made you smile today?



2. Draw something that made you happy today.

3. What is one thing you love about yourself?

